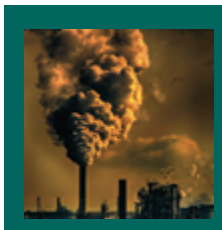

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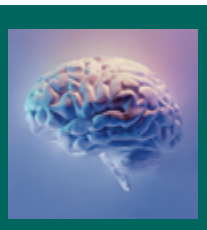

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The Uncensored Truth

TheLIGHT

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Digital identity looms for all of us

Dystopian world of total surveillance emerging as reality Page 4

Were 55,000 killed by NHS?

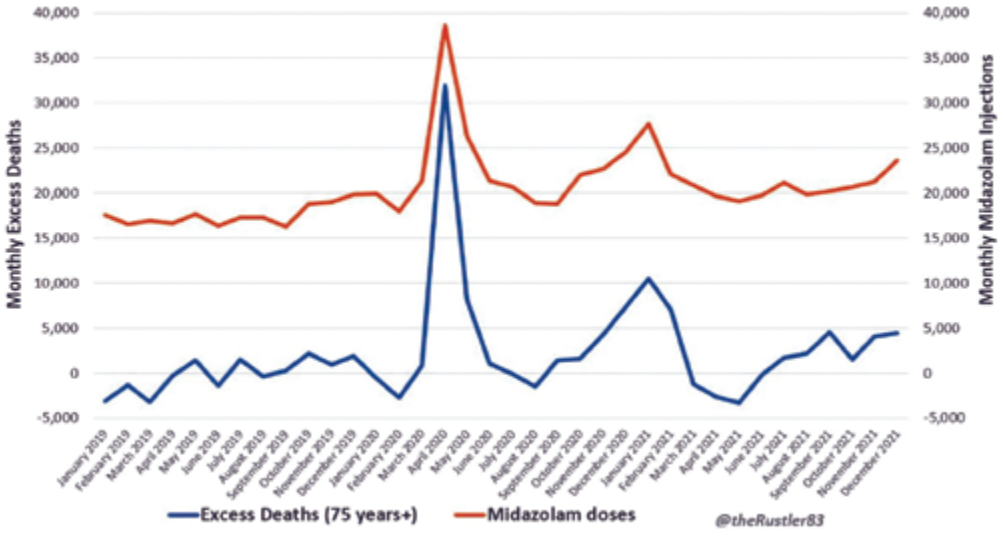
Official statistics show horrific events

by **JACQUI DEEVOY**

- Report claims 'systemic involuntary euthanasia' in health service
- 'Dangerous' protocol slammed by panel of experts including doctors and professors
- Midazolam with morphine suppresses respiratory system but still pushed on covid patients

FROM

Monthly midazolam injections versus monthly excess deaths (persons 75+) England 2019-2021



Source: https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/datasets/monthlymortalityanalysisenglandandwales https://openprescribing.net/chemical/1501041To/

Continued on page 2.

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Continued from page 1

This finding incontrovertibly shifts the narrative from viral impact to medical intervention, challenging official accounts that attribute deaths to a virus.

The study also notes uniform and simultaneous spikes in excess deaths across regions, inconsistent with natural contagion patterns, further supporting the involuntary euthanasia hypothesis.

In summary, the study's data showed:

- Excess deaths appeared simultaneously across all English regions, inconsistent with the natural spread of a contagion.
- NHS and Nightingale hospitals were mostly empty, confirming the absence of a pandemic.
- The UK Government, Amnesty International, and the Care Quality Commission acknowledged systemic dysfunctions, including widespread use of 'Do Not Attempt Cardiopulmonary Resuscitation' (DNACPR) notices, which also contributed to excess deaths.

Public and independent media reactions have amplified the study's claims, suggesting thousands of elderly were involuntarily euthanised to inflate covid death statistics.

Dr Sy's study presents a provocative analysis, suggesting midazolam use was indeed a major factor in UK excess deaths during the pandemic, potentially indicating the systemic involuntary euthanasia of up to 60,000 individuals.

- ***Statistics of the covid-19 pandemic in the United Kingdom:*** ***https://tinyurl.com/t5brmbhk***
- ***Excess Deaths in the United Kingdom: Midazolam and Euthanasia in the covid-19 Pandemic:*** ***https://tinyurl.com/33dvee4z***
- ***No evidence midazolam used to kill thousands of patients in April 2020:*** ***https://tinyurl.com/mr39efuy***
- ***Shocking Findings of New Study: Excess Deaths in the UK Pandemic were Iatrogenic and Caused by Midazolam and Euthanasia:*** ***https://tinyurl.com/mta7x2hv***
- ***Murdered by Midazolam injections: Study finds thousands of elderly English were euthanised to add to covid-19 death statistics:*** ***https://tinyurl.com/293dysmd***

TheLIGHT

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'The wrongs which we seek to condemn and punish have been so calculated, so malignant and so devastating, that civilisation cannot tolerate their being ignored.'

CORRECTION - Article on CO_2 last month incorrectly attributed. The author is Michael P Hughes. Apologies to all.

Five years

Jacqui Deevoy talks to five

2020

Linda and daughter Margaret

Margaret Allen: "My mum Linda Allen was 69 years old when she was sent by her GP to hospital on March 31, 2020 for a bowel problem. The ambulance came and a paramedic told Mum she had symptoms of covid. She was admitted to the University Hospital of Wales in Cardiff.

By mid-April, they were giving her midazolam and morphine. All her other regular meds had been stopped. She was only in hospital for six weeks but went from 12 stone in weight to seven-and-a-half stone, so she was obviously being starved. She died on May 11.

I later saw on her medical records that just before she died, she was given a huge 50mg dose of midazolam plus other opioid medication. I was horrified to read that she'd been 'proned' in her bed and had mittens put on to stop her pulling out the ETT (endotracheal tube).

There was also the mention in the notes of a phone call between my sister and a nurse, when the nurse held the phone to my mum's ear. The nurse had noted in the records that the 'patient heard daughter's voice and was moving her head from side to side'.

I believe Mum knew they were killing her and there was nothing she could do. Every day is a battle without her."

2023

Jan Kumar: "My father, Dr Trincomalee Rajeswaran Vijayakumar, died at Morriston Hospital in Swansea on August 3, 2023, aged 89. He was admitted with shortness of breath.

He was treated cruelly. He described two of the nurses as 'a lethal combination'. They kept his oxygen low and forced him to take liquid morphine.

A physician associate made major decisions about his care. My dad thought she was a doctor and believed what she was telling him, including the news that he was going to die imminently.

The consultant suggested giving my father morphine and midazolam. He was not in pain – he was still writing his diary, watching TV, reading and sending texts.

Following a consultation, it was agreed my father would be given more time. Unbeknown to us, my father's medication had been withdrawn, causing hypertensive crisis. There are barely any nursing notes for that night.

Jan and her father Trincomalee

After my father had midazolam injected into his abdomen, he lost consciousness. I waited for five hours, willing him to wake up. Until the moment his heart stopped beating, I still held onto hope that he'd pull through."

# of midazolam murders

relatives of victims of involuntary euthanasia in UK hospitals

2021

Angelina McLaughlin: "On Christmas Day 2021, my husband Joseph McLaughlin went into Queen Elizabeth Hospital in Glasgow with a swollen arm. He was diagnosed with covid so I wasn't allowed to visit him.

On December 28, they let me in. Joey was comatose and choking on his own fluid. He was laid flat on his back, had no blanket and was freezing cold. His arm had been left to go gangrenous and the gangrene had spread to his shoulder.

He died that day. He was 73 years old.

I demanded a post-mortem and got his medical records. It was then that I discovered that he'd been drugged up with midazolam, fentanyl, levomepromazine, oxycodone, hyoscine butylbromide and lorazepam. He'd also been starved and dehydrated and left in a room on his own. He'd not been washed or shaved and had green mould on his face.

I later read in his notes that he'd tried to escape. That's why they sedated him. He had bruising and a cut knee.

Angelina and husband Joey

On the records, he was referred to as an 'anti-vaxxer' – there was a DNR (Do Not Resuscitate) put on him without consent.

When I inquired about the DNR, a doctor told me that no one has the right to demand CPR (cardiopulmonary resuscitation).

Since Joey's terrible death, I have dealt with the procurator fiscal (public prosecutor in Scotland), the police, the NHS complaints department and the ombudsman."

2022

Annie Wilson: "My mother Kathleen was taken from the family home by the police while my son and I were at the cinema in the spring of 2019. The police falsely accused me of abusing her.

I eventually discovered they had moved her to a care home in Hull.

In November 2021, a DOLS (Deprivation Of Liberty Safeguards order) was put on her.

A month later, her carers informed me she'd stopped eating and drinking. I asked her about this and she said: 'If they brought me food, I'd eat it!'

In April 2022, a friend visited mother and was shocked to discover she was on an end-of-life pathway. The friend told me that, during the visit, mother had said she was thirsty and had asked for water and tea.

When I visited, she had a syringe driver in place. I'd been told she wasn't on painkillers, but records show she was on morphine and midazolam.

Mum died on April 27, 2022.

Kathleen and daughter Annie

She was 84.

I'm convinced mother was drugged to death but it seems there's nothing I can do about it. But I won't stop until I find out the truth. I won't rest till that happens."

2024

Laura and mum Moya

Laura Berrill: "My mother Moya Berrill was involuntarily euthanised at the Luton and Dunstable Hospital over a two-week period. She'd been admitted after having a stroke and suffered with dementia. Her life was hastily ended on December 30, 2024 three days before her 85th birthday.

I visited her every day at the hospital. I asked questions and wrote everything down, much to the annoyance of the doctors and nurses.

Very soon after she was admitted, I was told that mum was 'agitated' and that she kept ripping out her drip and catheter, so they put her on lorazepam. She was then put on a syringe driver and given midazolam, morphine and oxycodone. Her drip was removed, which caused her to dehydrate. She was then left to die, undignified and alone, in a brightly lit side room.

When I got to the hospital, she was still in that side room, dead, her eyes and mouth wide open and her body uncovered. I noticed her wedding and engagement rings were missing. I asked a nurse about it and later the engagement ring was found. The wedding ring remains missing to this day."

Remember this scene?

Full versions of these stories and others will feature in Jacqui Deevoy's book* Murdered By The State *which is being published later this year.

Digital identity looms

THE government claims a data bill – currently at the committee stage after its second reading in the Commons – will improve public services and boost the UK economy by £10bn.

The Data Use and Access (DUA) Bill will allow patient healthcare records to be accessed by all NHS trusts, GP surgeries and ambulance services.

The 59-page bill, which underpins Labour's ten-year health plan, will require technology suppliers to ensure their systems comply with technical standards that will allow health records to be shared across different IT systems.

Other measures include proposals to allow police to access personal data from police databases during investigations without having to manually record the 'justification' for the search.

Campaign groups have raised concerns that the bill removes protection for individuals from companies and government departments using AI and automated decision-making to make significant decisions about people's lives, and could lead to data being shared for purposes it was not intended for.

The bill will legislate on digital verification services, allowing companies that provide tools to verify people's identity to be certified and receive a government 'trust mark'.

'Bill fails to protect our civil liberties'

by **BIG BROTHER WATCH**

CIVIL liberties campaign group Big Brother Watch is concerned that the Data Use and Access (DUA) Bill threatens to weaken vital privacy and data protection rights in the UK, particularly in the context of automated decision-making where millions of individuals' rights are at stake.

A Big Brother Watch spokesperson said: "We urge the government to amend the bill to maintain strong protections, in the context of automated decisions, to protect the British public's privacy rights and uphold key rights to equality and non-discrimination."

The campaign group claims:

- The DUA Bill will weaken protections around personal data processing, thereby reducing the scope of data protected by safeguards within data protection law. There is particular concern about the executive power to determine 'recognised legitimate interests' which will allow for more data to be processed with fewer safeguards than currently permitted.
- Where automated decision-making (ADM) is currently broadly prohibited with specific exceptions, the bill would permit it in all but a limited set of circumstances. This will strip the public of the right not to be subject to solely automated decisions, which risks exacerbating the likely possibility of unfair, opaque and discriminatory outcomes from ADM systems; limiting individuals' rights to challenge ADM; permitting ADM use in law enforcement and intelligence with few safeguards for special category data; and giving the Secretary of State executive control over the ADM regulatory framework through secondary legislation.
- The bill introduces a new regime for digital verification services. It sets out a series of rules governing the future use and oversight of digital identities as part of the government's roadmap towards digital identity verification. The framework currently lacks important safeguards and human rights principles that prevent the broad sharing of the public's identity data beyond its original purpose.
- Further, the bill misses the opportunity to take a positive, inclusive step and codify a right for members of the public to use non-digital ID where reasonably practicable. Such a right is vital to protect privacy and equality in the digital age. The right to use a non-digital ID where practicable would protect accessibility, inclusion and people's choice in how they choose to verify their identities when accessing public and private services, legally protecting the millions of people who cannot or do not want to hand over personal identity data online where an alternative is reasonably practicable.

Say hello to your digital twin

...and goodbye to freedom from manipulation and restriction

by **ZARA ANNE BOURGEOIS**

SIMPLY put, digital ID is the entire body of information about a person that exists online.

It is a tool to track, measure, and control the life of its respective digital twin via blockchain technology and geospatial data exchange.

Digitally twinning the physical world unlocks unlimited opportunities for manipulation and control on all levels. It will become virtually impossible to move, study, access services or healthcare, bank, file taxes, attend events and more, unless you accept your digital twin and the digital ID leash that comes with it.

In fact, this is already happening in many places and is affecting people's lives to the degree that they feel restricted and unable to participate in social life in any meaningful capacity unless they submit to being twinned and ID'd.

Once fully integrated into the surveillance grid your digital twin provides limitless access to your valuable data. The digital twin becomes the main driver, and every decision and outcome associated with the twin takes precedence over the actual needs of the physical person, using the rationale of 'smarter, safer, more efficient' outcomes.

Under the auspices of trust-building, safety and cybersecurity, there will be a push to always expand and continuously maintain the invisible bars of the digital prison, with strict control over the digital parameters that define your digital twin, and consequently over your life.

This resembles a house of distorted mirrors. Every reflection of the original is a new distorted iteration. The key details are only points of semblance; the details are warped, skewed, shuffled and reassembled in a way that meets the specific environment's requirements.

It's like tweaking a CV to fit a job posting. Eventually, the original's authenticity becomes irrelevant and its face value is determined by the digital twin's behaviour.

Then the next iteration of the twin samples the existing replicas to form a new version tailored to the specific environment in question, and so on and so forth. The original is of little value, and practically obsolete as the self-proliferating digital twinning becomes a far more efficient, cohesive and system-centred mechanism of creating, populating and driving simulations.

This can be scaled up and applied to any type of environment – metaverse commerce, organisations, institutions, manufacturing, supply chains, governments, healthcare, insurance, banking, and so on.

Efficiency, cost effectiveness and customer satisfaction are based on data-driven models, in other words, based on measurable impact. Human subjectivity and input are virtually eliminated except for a passive mode which enables data sampling/harvesting.

Digital twinning allows for creating a limitless inventory database for virtually every object, product, process, person and environment on Earth.

The ubiquitous implementation of decentralised digital infrastructure, massive data centres, global network connectivity and blockchain ledgers forms the WEB3 skeleton.

This digital simulation is not just a digital twin of the physical world, but a contender for the latter's gradual obliteration.

I see nothing but complete disaster – every digital system has an architect of the human variety (at least for now) that is programmed to produce pre-conceived outcomes or goals. The tech is man-made and not some objective moral system standing outside of humanity.

Many of us have forgotten, or are unaware, that due to our own use of tech as a means of making our lives easier, the tech overlords are able to manipulate us without us ever knowing.

It is like handing the keys over to the engine. Our sovereignty is being chipped away at a maddening speed, without a sufficiently growing awareness of the dangers to stop it.

And, ultimately, how do we stop it? The manufactured consent and the reliance on tech that has been cultivated means that an entire generation has forgotten the path to self-reliance.

I remember early in the pandemic, a friend who was wary of what was happening said: "It takes only one generation for the people to forget."

I think we have arrived. Take away mobile phones and watch chaos ensue.

Debunking fossil fuels myth

Hidden science: Oil produced without organic matter

by **SALLY DEAN**

I READ an article by Carol Brouillet in *Off-Guardian* recently and was intrigued by what she had to say about Marijn Poels, a Dutch documentary filmmaker.

Carol talked in glowing terms about his latest film *The Primordial Code – The Burning Essence*. Her review immediately resonated with me. She said the film 'looks deeply into where we have come from, who we are and where we are going, as a species.' So having watched this beautiful film, I was inspired to look at the rest of his output.

In 2018, he released *The Uncertainty Has Settled,* in which he investigates the roots of agriculture and how globalisation and climate politics have created radical changes in modern times.

As the film progresses, Poels starts to question the green agenda and pulls together arguments from both sides. It is a well-balanced exploration but by the end of the film, he realises that the justification for a transition to 'alternative' energy sources is based on a false premise.

His final interview is with Prof. Vladimir Kutcherov, a Swedish-based Russian geologist who introduces Poels to the theory of the abiotic origin (i.e. not organic in nature) of oil and gas. At this point my ears pricked up, as it took me back to something a friend – someone who had worked as an engineer in the oil industry – had said a few years ago: "We all knew that oil was self-replicating."

Wanting to know more at the time, I acquired a book by Dr Jerome Corsi, published in 2012 entitled: *The Great Oil Conspiracy – How the US Government Hid the Nazi Discovery of Abiotic Oil from the American people*. Corsi claims Germany's fuel requirements began to move in the opening decade of the 20th century from coal to petroleum.

Without its own reserves of oil, the country could not progress as a viable industrial economy. So, in the early 1920s, two German chemists, Franz Fishcher and Hans Tropsch, replicated the natural process of oil production, which they believed occurred under intense pressure in the deep layers of the Earth.

What became known as the Fischer-Tropsch process enabled Germany to produce synthetic oil from coal. At the start of the war, Germany had 14 synthetic fuel plants in full operation and six more under construction, producing approximately

If oil is abiotic, then was 'Peak Oil' [the idea that it's running out) just a marketing scheme?

All hydrocarbon fuels are produced naturally in the mantle of the Earth on a continuous basis without the involvement of any organic material

95 per cent of the aviation fuel used by the Luftwaffe.

Corsi says that 'what remains even today locked away within the Fischer-Tropsch equations is an understanding that all hydrocarbon fuels are abiotic in origin, produced naturally in the mantle of the earth on a continuous basis without the involvement of any organic material whatsoever…it presents a direct challenge to the fossil fuel theory of the origin of oil.'

As an aside, a film called *The Formula* was released in 1980 starring Marlon Brando and George C Scott. The brief synopsis on IMDb reads: 'The synthetic fuel production formula, invented by the Nazis at the end of World War Two, is sought by some who aim to sell it, and by others who wish to destroy it.' Hidden in plain sight?

In Russia, an outspoken proponent of the abiogenic origins of oil was Nikolai Kudryavtsev, a Russian petroleum geologist. By 1951, he had articulated what today has become known as the Russian/Ukrainian theory of deep, abiotic petroleum origins.

Dozens of Russian scientists have followed his lead, stating that the chemical processes by which hydrocarbons are produced were a natural product of the Earth itself, manufactured at deep levels where there never were any plants or animals. They concluded that abundant oil could be found in Russia if only wells were drilled deep enough.

Two years after my initial investigation, I am listening to Poels talking to Kutcherov and my interest in this subject is reignited. Investigating further, I stumble upon Colonel L Fletcher Prouty, a Pentagon insider with 23 years' military experience who, in various interviews following his retirement revealed some of the inner workings of the American government's clandestine operations. He was fictionalised as 'Mister X' in Oliver Stone's 1991 film *JFK*.

In a 1994 interview, he emphatically states that oil is a self-replicating substance, it is the second most prevalent liquid on Earth, and no fossils were required to make it. He goes on to state that no fossil is found below 16,000 ft and drilling for oil generally starts at 30,000 ft.

The concept of fossil fuels being derived from formerly living matter was cemented in the minds of the American public by oil companies such as Sinclair Petroleum. In the 1930s, it developed an advertising campaign with Dino the Dinosaur as its logo.

At the 1964 New York World's Fair, Sinclair's Dinoland exhibit was one of the main attractions, and here Dino and eight more (life-sized) representations of other species of dinosaurs were exhibited and animated. Dino is just as popular today and his image appears not to have changed since the 1930s.

The myth that oil and gas are fossil fuels derived from former plant and animals/dinosaurs persists, and the public are still led to believe that they are scarce resources.

Over in England in 1982, the astronomer Fred Hoyle made his own opinion known when he said: "The suggestion that petroleum might have arisen from some transformation of squashed fish or biological detritus is surely the silliest notion to have been entertained by substantial numbers of persons over an extended period of time."

Returning to Poels's interview with Kutcherov, which is where I began, the Russian geologist explains, with the help of a flip chart and pen, how infinite quantities of oil and gas are produced 100 to 200km below the surface of the Earth.

Poels, a little bemused, states: "We could live in balance and peace with oil…which would economically and politically change the world on such a big scale I can't imagine."

Kutcherov pauses for a moment and then says: "Correct."

Poels then asks: "Why am I not seeing this or reading this in the mainstream media?" Kutcherov smiles: "Your question is your answer."

FURTHER READING

- ***The Deep Hot Biosphere: The Myth of Fossil Fuels, Thomas Gold***
- ***Black Gold Stranglehold: The Myth of Scarcity and the Politics of Oil, Jerome R Corsi and Craig R Smith***
- ***The Great Oil Conspiracy: It has been known since the end of WWII that oil is not a fossil fuel; it is abiotic: https://tinyurl.com/48m369ua***
- ***L. Fletcher Prouty: Oil is not a fossil fuel; it is the second most prevalent liquid on Earth: https://tinyurl.com/ysnvtn7c***

Net Zero: A pointless crusade

Bad data and faulty models leading us up garden path again

by **DR MIKE SIMPSON**

THE political project, UK Net Zero by 2050, was undemocratically adopted by the UK government in 2019.

Yet the science of so-called greenhouse gases is well known and there is no reason to reduce emissions of carbon dioxide (CO_2), methane (CH_4), or nitrous oxide (N_2O) because of radiation absorption rates.

Adding to or removing these naturally occurring gases from the atmosphere will make little difference to the temperature or the climate. Water vapour (H_2O) is claimed to be a much stronger greenhouse gas than CO_2, CH_4 or N_2O, but cannot be regulated because it occurs naturally in vast quantities.

Because of the nature of absorption of infrared radiation, most of the temperature change has already occurred, and increasing CO_2, CH_4, N_2O concentrations will not lead to significant changes in air temperatures.

This is because absorption is logarithmic (Beer-Lambert Law of attenuation) – a law of diminishing returns.

And there are many other variables which affect temperatures. The ocean is a huge heat sink (carrying heat away from the source) which moderates the global surface air temperature and absorbs CO_2 (Henry's Law).

Cloud cover can have significant effects on air temperatures and provide negative feedback in the climate system, stabilising the temperature to some extent. And changes in the sun and solar radiation can have significant effects.

All of this science has been empirically derived, either in the laboratory (e.g. Henry's Law, Beer-Lambert Law of attenuation), observed in reliable proxies (solar cycles) or by direct observation (e.g. changes in the sun, changes in sunspots or changes in solar 'wind' radiation).

These and many other influences on the surface air temperature of the Earth are not captured by the climate modellers, and so, faulty, inaccurate models are produced which provide projections (not forecasts) far into the future where uncertainties are huge.

However, if the models are so poorly designed, the output is not likely to be able to predict anything realistic.

The real problem is that the data for these faulty models also suffers from poor quality, unjustified data adjustments, infilling missing data to make the data fit the theory, and merging of known poor-quality weather-station data with good quality data.

Tampering with data is fraudulent, and the known bad data should have been excluded, but this is apparently routinely used in climatology and raises questions from scientists with concerns about the climate change narrative.

For example, some 96 per cent of U.S. weather stations were found to be incorrectly or poorly sited (e.g. near artificial sources of heat such as air conditioning outlets, on concrete pads, close to buildings or car parks in urban heat islands) leading to artificial increases in measured temperatures.

Loss of Russian weather stations from the data set, instrument changes, relocation of weather stations, population growth and land-use changes artificially increased calculated global average surface-air temperatures. These are basic mistakes in data collection, data handling and data analysis, and they are misleading.

Yet most of our politicians seem unable to grasp these important basic scientific facts and simply concentrate on very expensive, unreliable, variable and intermittent so-called renewables and the non-existent hydrogen energy system by spending £22bn on carbon capture and storage. Is this the hole in the finances Labour spoke about?

Net Zero is a pointless crusade which will achieve nothing for the climate but gives the government an excuse to harm our farmers, damage our electrical supply system and hike our energy bills, hurting us all.

It is time for a rethink on Net Zero because the science does not support it in any way.

● ***Dr Mike Simpson has a PhD in physical chemistry.***

Clear thinking is critical

Toolkit for making better decisions in age of misinformation

by **DAVID CHARALAMBOUS, SINEAD STRINGER & DR DAVID THUNDER**

‘If that were true, it would be on the news.’ How often do we hear that?

THERE are many of us who used to think that governments and media would keep us informed of important information, but we now find ourselves questioning that assumption and finding it to be false in many instances. It is an example of the vital importance of critical thought.

Chances are that you remember the moment when your perspective shifted; when a long-held belief no longer made sense. For some, these moments can lead to difficult consequences – losing friends, alienating family members, even facing professional setbacks.

So how can we avoid these traps in the future? How can we ensure that we’re making decisions based on reality, not on assumptions or misinformation?

Let’s test your thinking with a simple riddle.

A father and son are involved in a tragic accident. The father dies, and the son is rushed into surgery. The surgeon looks at the boy and says: ‘I can’t operate on him, he’s my son.’ How is this possible?

Believe it or not, only 15 per cent of people get this right. But why? Our unconscious beliefs, biases and processes cannot be switched off and most will realise only at the end that they have misinterpreted the information and need to re-read it, consciously, critically thinking.

The surgeon is, of course, the boy’s mother. It illustrates how easily our judgment can be clouded and keep us from seeing the truth until we pause and think critically.

At its core, critical thinking is the skill of analysing and evaluating information to make sound decisions. It’s a mental toolkit that helps us make better choices, solve problems more effectively, and understand the world with greater clarity.

Photo: Suad Kamardeen

We live in a world where media outlets, social networks, and even political leaders constantly bombard us with news and opinion, often in biased, selective, and self-serving ways.

How do we filter out the noise and understand what’s truly important? How do we act in light of reason and sound evidence, rather than being manipulated by political and media elites?

How do we make our informed opinions count, and build a truly free and self-governing society, even though many aspects of our lives seem to be dictated by states and giant corporations? Could critical thinking be the antidote to the trends in society towards technocracy, mind-numbing consumerism, authoritarian governance, and political polarisation?

This is where your ability to think critically becomes vital – not just for personal growth, but for the health of your community, neighbourhood, city and/or nation. An effective and resilient political system depends on a strong civil society. Civil society is strongest when individuals challenge assumptions, question the status quo, and demand truth and truthfulness from each other and from their institutions.

Critical thinking is essential for participating in this process and for creating a society where freedom of thought can thrive.

So, how can you sharpen your critical thinking? Here are some powerful, research-backed strategies that can help:

1. Ask the right questions: when encountering new information, resist the urge to accept it at face value. Who is presenting the information? Do they have an interest in presenting it from a biased perspective? What evidence supports it? Are there alternative explanations you haven’t considered?
2. Look for hidden assumptions: every argument is built on assumptions, some of which may not be stated outright. By identifying these hidden assumptions, you can better evaluate the strength of the argument.
3. Recognise your own biases: we all have biases whether we acknowledge them or not. The key is to recognise them and actively seek out different viewpoints. Being open to change when presented with new evidence is one of the hallmarks of critical thinking.
4. Evaluate sources carefully: with the rise of fake news and clickbait, it’s more important than ever to question the credibility of your sources. Research shows that people are more likely to believe information from familiar sources, even if it’s false. By checking the reliability of your sources, you can make better decisions.
5. Draw conclusions based on evidence, not emotion: critical thinking requires assessment of facts and evidence, not just relying on emotional reactions. The more you base your conclusions on reliable evidence, the more precise your thinking will be.

By honing these skills, we can navigate life’s challenges more effectively and contribute to discussions that shape a better society. As the cornerstone of a thriving civil society, it’s not just about personal growth – it’s about creating a community that values truth, freedom, and reason.

In a world full of manipulation, propaganda, and media spin, exercising critical thinking allows us to challenge those who spread misinformation and protect the integrity of our democratic systems. This is why it’s so important to invest time and energy into developing these skills. They’re not just useful for individual decisions – they are the foundation of a society where rational discourse can flourish and the public is empowered to make informed choices.

If you want to thrive in a world where information is constantly changing, you need to sharpen your critical thinking skills. By doing so, you can contribute to a more informed, free-thinking society – one that challenges false narratives and promotes progress.

- ***For more insights and techniques, please visit: https://reachingpeople.net/***

Health alert over water fluoridation

Dental benefits argument doesn't wash with campaigners

by **JOY WARREN**

A CAMPAIGN group is warning against the fluoridation of water which is being forced on the public as 'medicine' to reduce tooth decay.

But the Fluoride Free Alliance UK (FFAUK) is making several shocking claims about the harm that can be caused over time by drinking this doctored tap water.

The group's claims about the conversion of wholesome drinking water include:

- Medicinal water is not drinking water according to the Drinking Water Directive (retained post-Brexit) so we should not have to pay for it.
- People are not allowed to refuse their consent to being sold medicine which they have to drink if they cannot afford to buy bottled water.
- Fluoridating water companies are legally required by the government to contaminate their drinking water.
- It adds a hazardous industrial waste to drinking water.
- Claims for its safety are wishful thinking. No proof exists that swallowing fluoride is safe.
- Fluoridation violates the NHS Constitution which states that patients and users of the NHS are permitted to refuse consent to medical interventions.

FFAUK says the hazardous waste found in this doctored water included fluoride, heavy metals and hydrofluoric acid which are a cause, over time, of chronic ill health.

In September 2024, a senior U.S. Federal judge ruled that "fluoride poses an unreasonable risk to the health and IQ of children."

And yet the concentration of fluoride added to U.S. drinking water is less than that added to England's drinking water. Around six million people are currently receiving medicinal water in the UK.

Research shows that as well as reducing IQ levels, swallowed fluoride is a cause of hypothyroidism (low thyroid), diabetes II and brittle bones.

The reduction in dental decay amongst fluoridated children and adults is modest, making the intervention uneconomical, particularly since 98 per cent of domestic water supplies, with or without fluoride, go down the drain without being swallowed.

What is the FFAUK doing about it?

The group has started the process leading to a legal class action to stop water fluoridation (WF) in England and to stop its escalation in Wales.

At the end of January this year, the Greater London Authority's Health Committee, acting under delegated powers, referred the issue of WF to Mayor Sadiq Khan, to request that Home Secretary Wes Streeting authorises a public consultation on WF for Greater London.

This means that Greater London is threatened with WF particularly because public consultations on WF are poorly advertised and biased in favour of WF, the FFAUK claims.

The group is asking people resident or working in Greater London to volunteer as claimants in its class action against those sponsoring WF.

- ***www.ukfffa.org.uk***
- ***Call for London's water to be fluoridated: https://tinyurl.com/35z4xw48***

We need your help

Those who wish to volunteer as claimants in the class action can contact

Joy Warren at wmaf@live.co.uk

We cannot accept volunteers if they are neither fluoridated nor threatened. We can make a quick check for fluoridation status but only if we are sent a postcode.

Our barrister has experience of class actions and knows a lot about the issue.

This is our best chance of ridding the UK of this outdated, ineffectual, IQ- and health-damaging public health intervention.

Please, everyone who qualifies and who reads this article - stand up and be counted. Get in touch with us.

Water fluoridation is a grievous infringement of your liberty

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The Uncensored Truth TheLIGHT

Battery recycling centre explosion

by **DARREN SMITH**

Homes evacuated amid huge damage to the environment

FIREFIGHTERS tackled a blaze that engulfed a number of lorries parked on the premises of battery recycling firm Portable Battery Recycling Ltd. (PBR) in Wythenshawe, Manchester.

Greater Manchester Fire and Rescue Service (GMFRS) said the blaze broke out on Ennis Close, Wythenshawe, on Sunday February 23 and forced local residents to evacuate their homes.

The fire raged for over three hours and involved ten fire engines at its height, scaling back to four engines as it was brought under control after nearly three hours, GMFRS said.

The fire service had advised local residents to keep their windows and doors closed and to avoid the area as huge plumes of black smoke hung over the vicinity.

GMFRS said fire engines from across Greater Manchester were called to the blaze.

A spokesperson said: "Crews arrived quickly" and worked hard to extinguish the fire.

Greater Manchester Police and North West Ambulance Service were also in attendance but confirmed there were no casualties.

Greater Manchester Police (GMP) said a cordon had been put in place and its officers had helped evacuate nearby homes. Residents have since returned to their homes.

PBR has an operating licence for five trucks and one trailer, and specialises in collecting, recycling and disposing of portable, household, industrial and automotive batteries.

One user on X, previously known as Twitter, described seeing smoke and hearing explosions 'popping off' from what is thought to be a battery recycling plant at the Roundthorn Industrial Estate in Wythenshawe.

They posted: 'Reports of a huge fire at a battery recycling facility in Wythenshawe. Smoke visible and explosions popping off are audible from Altrincham, 2-3 miles away and a smell in the air.'

Others in the vicinity have reported hearing 'explosions all morning'.

Online videos show dramatic scenes of black smoke rising high into the air, obscuring the bright flames beneath. Further images depict emergency services at the scene, with police vehicles stationed outside the estate.

An investigation into the cause of the huge fire in Wythenshawe continued the following day. Police and fire service experts returned to the scene of the blaze on the Roundthorn Industrial Estate.

The fire broke out at just after 8am. The next day, the blackened shells of vehicles destroyed in the blaze could be seen in the yard of the premises.

On its website, the company describes itself as 'the UK's only specialist portable battery recycler, with an aim to transform the way portable batteries are collected and recycled across the UK, whilst providing the most competitive and compliant collection service.'

Above and below: PBR battery recyclers feeling the heat

It adds: 'We guarantee an efficient and cost-effective solution for the collection, storage, recycling and disposal of waste batteries, ensuring you are fully compliant with current legislation and regulations.'

The fire led to some homes in the area being evacuated and other residents were advised to keep doors and windows closed. A huge plume of black smoke could be seen for miles.

A spokesperson for Greater Manchester Fire and Rescue Service said: "Shortly after 8.15am on Sunday 23 February, fire engines and specialist appliances from across Greater Manchester were called to attend a fire involving heavy goods vehicles and a commercial unit on Caldey Road, Manchester.

"Crews arrived quickly and extinguished the fire using hose reel jets, an aerial ladder and other specialist equipment."

Comments on social media were scathing: 'Another fire at a recycling facility! What are the safety standards for running these operations?'

Government and councils are very hot on environmental concerns at the moment; yet it can be argued that the impact on air, soil and water quality from any of these types of explosions and fires, whether from cars, lorries, buses or entire battery storage stations and processing facilities seems to be overlooked.

Battery storage stations for solar plantations and battery storage and 'recycling' facilities have been exploding and catching on fire regularly in recent years, without much alarm from the media, who seem to keep us in fear over threats and problems which may or may not occur.

There was a big fire in Liverpool in 2020, and another in Glasgow in 2021, and this raised huge concerns over both the safety and environmental credentials of these so-called clean, green technologies.

A large-scale explosion and fire similar to this one ocurred again in Glasgow, in 2024, at WEEE Solutions Ltd., and there have been several well-reported electric bus and car explosions in the past year.

On page 5 in this issue, we expose the true science behind oil and why we proclaim it as a natural fuel - nobody can argue that it is much more efficient as a source of fuel, and therefore much, much cheaper.

In this race to Net Zero, the alternatives they are offering to cheap, natural fuels like oil and gas – lithium-ion batteries, huge solar plantations on prime farmland, and expensive, inefficient wind turbines which are also notorious for exploding and breaking – are devastating to the natural world and our health once they go wrong, and they seem to go wrong quite often.

They also result in much higher bills, meaning that somebody, somewhere is getting very rich from government policy, rather than that policy benefitting all of the people.

Does anyone expect anything else from government nowadays?

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Beyond the politics of left and right

by **RICHARD HOUSE**

Real Left's Chris Rea is interviewed by Richard House

Real Left's Chris Rea

RICHARD HOUSE [RH]: ***Tell us about Real Left, Chris – when and by whom it was founded, and why.***

CR: Real Left – which was originally Left Lockdown Sceptics until our name change in 2023 – was founded in January 2021 by David Fletcher and his colleagues from the Marxist theoretical journal Marxist World. Since then, through members leaving and joining, the demographic of the editorial has changed to a more libertarian left (anarchist) weighted makeup, although we still have active members/supporters who identify as communists, Marxists and socialists.

The founding purpose was to provide an online publishing platform for critiques of the 'new normal' or bio-security state from anti-capitalist perspectives. Such critiques were, and mostly still are, absent from left-wing discourse. We have since broadened the focus of our critique to all aspects of the Fourth Industrial Revolution, platforming 'dissident' positions on issues like net zero, for example.

RH: *Those who've historically identified with the political left have been hugely frustrated by the robotic labelling of all those questioning establishment covid and globalist narratives as 'far right'. Do you think that the labels of 'left' and 'right' still have any use or relevance?*

CR: It is understandable that people claim that there is no longer any relevance to the traditional left-right political model. All mainstream and most non-mainstream political parties and organisations of all persuasions fell in step with the diktats of the covid tyranny. This led to generalised disgust within the freedom movement with the old political model.

The new forms of political resistance that emerged in response to lockdowns (properly speaking, lockouts) and 'vaccine' mandates were untrammelled by traditional political orthodoxies. But the underlying social and economic realities that gave rise to the left-right model in the first place have not changed; in fact, since 2020 they have intensified.

We are engaged in a historical struggle – the class struggle. The only solution to the crisis we are in is organised action by the mass of the population directed against the ruling class, leading to the establishment of a new form of social and economic organisation under popular control and rooted in class solidarity and democratic participation. All other forms of anti-system resistance are subordinate to this objective. This is a classic left position; and just because in recent times the idea of leftness has been traduced by distracting outbursts of extreme liberalism (e.g. the transgender agenda, critical race theory and climate alarmism), it doesn't follow that authentic left ideology and practice are redundant; on the contrary, they are more relevant than ever.

RH: *A fascinating answer – thank you. 'Action by the mass of the population directed against the ruling class' are words that could also be signed up to by many on the anti-globalist right! How much overlap is there in the commitments of the Real Left and those on the libertarian, anti-globalist right? And is any constructive co-operation happening across the left-right divide?*

CR: We certainly share more common ground with many on the libertarian right than your average Socialist Workers Party sort, who are often some of the most aggressive defenders of the ruling class's Great Reset related propaganda. One key way in which we diverge from the anti-lockdown and anti-mandates right, though, is in our economic analysis, which we have found that the majority in the freedom movement (and *The Light* paper readers) share.

I have not seen among organisations like the (Brexit Party/Reform linked) *Together Declaration*, *The Daily Sceptic* or *The Conservative Woman* a willingness to name the root cause of the resource and power inequality that made the covid-1984 event possible, i.e. the debt-based monetary system created by the cartel who run fractional reserve central banking.

The Great Reset from this perspective is in actuality an attempted resuscitation of this collapsing ponzi scheme, through the creation of massive untapped markets in (digitally tracked and surveilled) living things for the new big data economy.

Partially due to ignoring or dismissing this piece, the right-libertarians also miss the mark on other issues – in their support of the Ukraine-NATO war and the Zionist settler-colonialist project, for example.

Our upcoming conference, 'Uniting the Pro-Freedom and Pro-Palestine Liberation Left', aims to build solidarity with others who are concerned with the increasingly police state-like powers – such as indefinite detention without charge – that are being used to chill and repress anti-genocide speech and protest.

RH: *Where does Real Left stand on the vexed question of 'wokeness' and the culture wars – assuming you have a definable position on these issues?*

CR: Usually, phenomena labelled 'wokeness' connote a trickle-down manifestation of the transition to stakeholder capitalism – with its introduction of diversity, equality and Inclusion; environmental and social governance, and social impact corporate frameworks. This, to eventually align all economic activity with the Sustainable Development Goals: the new rules of the (digital prison) game.

Global techno-fascism has constructed socially and environmentally conscious-sounding PR – green/sustainable, people-powered, inclusive, etc. – to disguise its real goals.

Finally, a note of caution regarding the way the term 'woke' is sometimes used to disparage or dismiss past or present grassroots activities towards improved social justice.

We live under a hierarchical system designed by highly adept predators. The raison d'etre of essentially all institutions and mass media-propagated culture is to disseminate, manage and normalise the abuse and exploitation of the population in a myriad of ways. If we are serious about egalitarian revolution, that must include a willingness to examine the culturally-imbibed attitudes and behaviours that make us complicit in the oppression of those with (even) less social and economic power than ourselves.

RH: *How can people follow the work of The Real Left and get involved?*

CR: If you sign up to our subscriber list at www.realleft.substack.com, you'll receive notifications of all our articles and in-person events. You can also find our back catalogue there. We would be very happy to hear from anyone who would like to get involved in any writing, editing, posting or events-organising for Real Left. Please drop us an email at llsinbox@posteo.net.

- ***Next public meeting is the conference on Saturday 3 May in London. Tickets: tinyurl.com/283prkeu***
- ***Or email us at: realleftevents@yahoo.com to register to pay cash on the day. And if you're skint, we do have a few free places.***
- ***https://realleft.substack.com/***
- ***llsinbox@posteo.net***
- ***The Money Masters documentary: tinyurl.com/y4878hed***

Healthy families for a stronger nation

Children achieve much more with both parents present

Photo: RDNE Project

by **JOHN HENDEN**

THE nuclear family is the basic unit of society. For too long, governments of all hues have neglected this fact and, in many ways, have undermined family life.

The far left regards the family as a tool of capitalism and a threat to their establishing a socialist utopian society.

Therefore, it makes sense for them to undermine the family, regardless of the harms caused to individual family members. They would prefer the state and not the family to provide for the psychological and social needs of the individual.

Other ways the hard left attempt to undermine the nation state is to denigrate national heroes and to portray most national history in a negative light.

Family cohesion is threatened on several fronts – easier divorce; financial disincentives; children as young as five being encouraged to question their biological sex; TV series and ads persistently portraying fathers and husbands in a poor light, to name the main threats.

One BBC series, Beyond Paradise, focusing on a village police force, portrays two male police officers as buffoons and dimwits. This ensures that boys and young men have no healthy role models.

What a far cry from BBC police series of yesteryear. Increasingly, the public are seeing through this anti-family narrative, typical of the contemporary BBC. Unsurprisingly, people are cancelling their licence fees in droves.

Apart from exposing the extremist political movements undermining the family, what else can we do to protect this valued institution?

Families, when they function well, provide for one another's physical, social and emotional wellbeing. They provide, too, the basis for social order.

Research has shown consistently that stable families, with both parents present, lead to better outcomes for children, academically, socially and employment-wise.

There are many ways in which parents can help children develop into healthy members of society. Encouraging and affirming them at each stage of development is one. Another is to set up family media agreements (screen time, keeping safe online, etc.).

TV meals have become the norm in many households, so being mindful of the expression 'families who eat together, stay together' can be a healthy principle to follow and is helpful for family stability.

The lifestyle website, goodnet.org, gives nine good reasons for this practice of eating together. Here are just three – eating as a family leads to good food choices, better exam grades, and better family relationships.

There are many helpful websites out there offering free help and advice for all stages of family life – marriage and couple preparation; managing the arrival of babies; parental support with young children; managing the teenage years; and how to meet the challenges of the 'empty nest'.

What amazed me is how many of these online organisations are charities, having to chase funding constantly for their very survival. For the ultimate benefit of society, is it not high time that governments invested in these initiatives either with sizeable and regular grants or by funding them fully? This would be a good use of public money. It would be a good investment and a clear example of 'upstream helping'.

For decades, governments of all hues seem to prefer to spend countless billions of taxpayer money on managing the consequences of broken families. This practice may be referred to as 'downstream helping'. These expensive services are unemployment benefit, sickness and disability benefit, mental health services and return-to-work programmes.

Of course, not everyone has the luxury of being reared in a stable, loving, nuclear family. Some families, for whatever reason, break down irretrievably and all involved have to find ways of managing the fallout. There are other types of family organisation, too: blended families (step-families), multigenerational households, to name just two. There are many examples where these can prove equally nurturing for children and young people.

Upstream helping is less expensive and more effective, so what can we do?

- Campaign for more government and local authority funding to support couples and families
- Sing the praises and highlight the benefits of the nuclear family as the basic unit of society
- Challenge the motivations and political motivations of those who seek to undermine family life
- Find additional ways to support each other within the family
- Petition advertisers to feature normal British families instead of promoting broken or irregular ones.

The internet has a lot of helpful and informative sites, covering tips for strengthening family connections, promoting quality family life, and family bonding activities.

To conclude, the six main advantages of living together as a family are:

- Parents can ensure that children live in a safe environment and are protected from danger
- A spirit of unity is promoted among family members
- The provision of basic needs of food, clothes and shelter
- The best environment for children to benefit from education
- Good social skills and life skills can best be developed
- The teaching of moral values and personal discipline

- ***https://tinyurl.com/4cuv4c59***
- ***https://tinyurl.com/yc84xty7***

Law as an instrument of power

by **NIALL McCRAE**

WHEN FIREMEN were bullied by their bosses into participating in a gay pride rally in Glasgow, a courageous few refused.

Strathclyde Fire and Rescue insisted that the men distribute leaflets, presumably proclaiming itself as an inclusive employer, or assuring homosexual citizens that they would not be left inside a burning building. Nine men were sent on diversity training, and Brian Herbert was demoted (his punishment later revoked on appeal).

That was back in 2006, and quite shocking at the time, drawing plenty of media coverage. We can be sure that a large proportion of the workforce would not willingly have stood on the streets issuing homosexual content to the general public. They went along with the order, keeping their heads down. Some, including those who resisted, would have had conscientious objections, whether religious or by principle of rights and liberty.

There was nothing in the men's employment contracts requiring such a task, which has no relevance to firefighting. Indeed, workers are protected in law from forced involvement in political activity: the European Convention of Human Rights (enshrined by the Human Rights Act 1998) and other legislation. Yet the management did it anyway.

I suspect that the firemen were targeted *pour encourager les autres*. The law may have been on their side, but as we have frequently observed, justice is not administered fairly. Indeed, the current government is led by a prime minister dubbed 'Two-Tier Kier'. Sir Keir Starmer, former Director of Public Prosecutions, blatantly told judges to impose severe sentences on protestors following the murder of three girls in Southport, thereby interfering with judicial independence and the principle of innocent until proved guilty.

Meanwhile, Just Stop Oil roadblockers and BBC paedophiles are often let off, the former in tune with the official narrative on climate change, and the latter the government's mouthpiece.

My first realisation that the law is applied very selectively was in the establishment refusal to accept the result of the EU referendum in 2016. The matter went to the highest court in the land where Baroness Hale was celebrated for finding that Brexit was in some way unlawful.

But the corruption became much more apparent in the contrived covid-19 pandemic. Care workers were sacked for refusing experimental injections that were claimed to be safe and effective,

Firefighting at its best

but were actually useless in preventing respiratory infection, and in some cases extremely harmful.

Employment tribunals have given little remedy for such workers, as the establishment story of a deadly contagion ended by a miraculous vaccine prevails. Bodily autonomy and religious beliefs were overridden at the time, and tribunals mostly continue to accept that employers were following law and the guidance of experts in sacking their employees.

Covid-19 dogma is also maintained by professional regulators. Several doctors and nurses were issued with interim suspension orders. Unlike being suspended by an employer, which ends when a disciplinary process is completed, and a dismissed worker can find a job elsewhere, a regulatory suspension stops the practitioner from working anywhere. The investigation may take years, and there may eventually be no case to answer. The process is the punishment.

'Law and the British regime', an illuminating article by David McGrogan, explained how 'the rule of law' repeatedly emphasised by Starmer is really the application of legal powers to achieve political objectives. Ordinary people complaining about mass immigration? Use hate crime and counter-terrorism to scare them into submission. Too much criticism or ridiculing of climate change or infectious disease policies? Use the Online Safety Act to banish 'dangerous disinformation'.

In his controversial speech at the security conference in Munich in February, U.S. vice-president JD Vance raised the case of Adam Smith-Connor, a man who was arrested for silent prayer outside an abortion clinic. Vance told the assembled Western leaders that the biggest threat to their citizens is not Russia, but their own governments. Hundreds of people know this only too well, imprisoned for Facebook posts or exercising their right to peaceful protest. The existence of 'non-crime hate incidents' is a stain on the character of our country.

As McGrogan argues, the law is deployed by the powers-that-be, rather than allowed to operate as a fair and just system beyond ministerial control. The governing elite is wielding the totalitarian tool of arbitrariness. Nobody knows whether their tweets or placards cross a line of criminal offence, because the very concept of offence is vague and depends on relative favouring of any persons involved. Take, for example, my experience of police intimidation for holding a placard about women's safety at a rally against a migrant camp in my town.

Unlike the U.S., we lack the specific constitutional rights for freedom of speech, democracy and equality before the law. Enlightenment values have been deliberately undermined. But we are coming to a crunch, as more and more people realise that their government is not working for them, but against them. As McGrogan concluded:

'The big question is whether in the aftermath of inevitable, generalised collapse, a more sane, humane, moral order can be reconstituted through a republican model of the rule of law. The way things are going, that question may require answering faster than any of us previously thought.'

Musical solution sparks revolution

Defiant antidote to TV's pantomime propaganda

by **HENRY WIDDAS**

WE'VE all tried to wake up friends and relatives to the deceptions broadcast over the airwaves.

But they would rather believe the pantomime politics than face the prospect of having their opinions changed by rational debate with a close friend or loved one.

And that is understandable. Most of us in the 'awakening' community remember how painful it was to realise that we had been lied to systematically since childhood on a scale so grand that it flipped the world upside down.

So trying to persuade our nearest and dearest that their perspective of the world is 180 degrees off will make them run for the proverbial hills.

Fortunately, Darren Nesbit and his band have a solution to the problem, and it will be music to your ears.

The lead singer of The Daz Band has a new album out - *Definition of Madness* - that he says is unashamedly there to help wake people up. The hook to catch people is fantastic urban rock music with a country twist. And only then do the heart-felt lyrics hit home, perhaps even for those who don't really want to know the truth.

Album artwork by Natalie Papamichael

Darren says: "We are coming to a momentous time in the whole of human history as the world's leaders get more evil and turn more against the people.

"And so this album is unashamedly about waking people up and showing them the truth while ensuring they don't lose hope. It's through our own efforts that we can create a better world.

"We can't leave it to false saviours, and so our message is to inspire and uplift. We are so much more than our rulers tell us. If they control all the information we have ever heard, how can we know how much more we are capable of?"

He said *Definition of Madness* aimed to bring about "a spirit of defiance but with optimism and hope". Not a bad base from which to build a musical revolution.

Readers can do their part by gifting this powerful record to a loved one or buy it for themselves for a little freedom-fighting inspiration.

And if you do get your hands on it, there's an artistic 'Easter egg' revealed by sticking the album on repeat.

So why's it called *Definition of Madness*?

Darren explains: "It's a quote from Einstein about trying something again and again and still expecting the results to change.

"This can include things like voting, hoping for a better era. Hopefully the last election has put paid to that for many people, who have seen what Labour has done in their first few months of power.

"There is also the aspect of history, and how it repeats itself. There is nothing new under the sun; everything that has been will be again."

Well, if there's anyone who can break the cycle of madness, it's The Daz Band. They are Darren Nesbit (acoustic guitar and vocals), Suroj (electric guitar), Phil Escott (drums) and Woody (bass).

- ***Hear tracks from* Definition of Madness *free at: https://tinyurl.com/yjhkn22t***
- ***Find out more and order a CD/USB stick of the new album at: https://dazband.com***
- ***The Daz Band and many other freedom artists are at Stand in The Light, May 23-26 in the Lake District, and Hope Sussex freedom festival in Sussex on August 22-25***

THE DAZ BAND

NEW ALBUM

Definition of Madness

Definition of Madness is The Daz Band's second album, after last year's acclaimed *Time of The Signs*, and the first showcasing the collaboration between songwriter and vocalist Darren Nesbit and guitarist Suroj, including two fully co-written songs - *Down To Hell* and *Want To Live Forever*.

Available now on CD, USB from dazband.com and digital download elsewhere

10 ways the government harms us every day

Many crimes are not prosecuted but those who make the allegation about them are punished. The Pakistani rape gang scandals are the perfect example of this. As if 'racism' is worse than 20 or more men repeatedly raping a child for days, forcing them to take drugs and violating them in every sick way possible. Those ignoring these crimes, and trying to maintain a facade of 'multiculturalism' are simply aiding and abetting these criminal acts, and should be ashamed of putting their (implanted) principles before the actual lives of real people.

Did you know income tax was only introduced with the First World War, and even then it was only for the very richest?
Today, over 70 per cent of our income is taken from us one way or another – whether it's income tax, fuel duty, speeding fines, VAT (sales tax) or inheritance taxes – the government keeps on taking, even after you're dead. Now ask yourself how many items in the expenditure budget you're happy to pay for: War? Debt interest? Foreign aid?

While there is a deeper philosophical debate about whether there should be nations or everyone should be allowed to roam the Earth freely as they wish, surely inviting millions of young people from foreign cultures into the West was always going to lead to disaster, and we have seen it. But not only some of the worst crimes imaginable (gang-raping young British white and Sikh girls repeatedly for years across the country) but the establishment resisted all forms of justice for these crimes, with Keir Starmer being Director of Public Prosecutions for much of that time.

Corruption leads to mediocrity, as we can plainly see with the current government. Services are degraded, quality of life goes down, the government's job is done for another five years, when another team may take over and continue the destruction of the country and the attacks on its people. Or maybe the same team will get to carry on doing it themselves for longer. Whatever side you choose, they all dance to the tune the puppet masters play.

Subsidies, private finance initiatives, student loans, selling off national assets – theft by government does not end with taxation and fines. Have you noticed your power bills have gone up about 4x since 25 years ago, even adjusting for inflation (another way we are robbed, when they devalue the currency by printing more and more of it). This is due to the merger of government and big business, known as 'fascism' but Tony Blair decided on the more fluffy title of 'Private Finance Initiatives', while Klaus Schwab and the WEF have gone for 'stakeholder capitalism'.

Lying

Constantly about everything. If there is one thing every ordinary resident of a country agrees on, it's that the government and the media lie constantly. Yet despite this, many will still take their cues from the media talking points, often repeating them as if they are their own thoughts on the subject. Imagine a government actually telling the truth for once! Actually, Trump and Musk are doing just that in the U.S. right now, though we suspect this is to cement their support to help push the technocracy – the total digitisation of

Free Speech

Another lady arrested in Scotland in February for silently praying near an abortion clinic, despite the press's faux outrage at U.S. Vice-President's JD Vance speech in Europe berating the end of free speech, and denying it has happened. All those arrested, tried and convicted for speaking out against immigrant violence also take great issue with the lying media and their continual attacks on free speech. The BBC is state propaganda. The other channels are corporate propaganda, and all agree broadly on every aspect of government and world

life, including programmable currency.

government policy.

Water

With much of the country's water supply fluoridated, and children's milk as well in some areas, there are further plans to fluoridate more of the country, at the same time as some U.S. states are banning it and a class action lawsuit is being brought against the government by the Fluoride Free Alliance. Not only that, but the leaching of microplastics and pharmaceuticals, plus the dumping of toxic waste in rivers means everyone should have a water filter at home. Fluoride makes you docile – it was used in the Soviet gulags to prevent political dissidents from opposition. And you shouldn't brush your teeth with it either.

Education

The right and ability to teach your children rests solely with you. Of course they have made modern life so that both parents have to go to work, but we still (just) have the choice on this – if one or both parents can work from home, then educating your own children is easy – they want to learn (through play) and will quickly, with the added bonus they're not being groomed to comply unquestioningly with authority

STAND UP!
TAKE YOUR FREEDOM BACK

While it may seem that we are being attacked from every angle and it could be overwhelming, many who have become aware of the reality of the world find it much easier to stay healthy, motivated and full of energy, because they know what to avoid and what their actual rights are (although these are clearly going to be abused more over the coming years, as we head towards their 'final solution': total digitisation including biosurveillance/facial recognition everywhere, and programmable digital currency (CBDC) which will give those who control the money supply (so all global trade and therefore the world,) the ultimate dictatorial power over every aspect of our lives, by controlling our finances.

Food

Successive governments have all supported the supermarket chains to take over most grocery shopping, rendering farmers powerless against the diktats of those who own the retail space. This leads farmers to monocrop, use chemicals for maximum yields while killing the soil food web, and ultimately, for big business to take over the growing of food as well as its transport and retail. Monopolies and cartels are not good for individuals, because they simply do not care about you, no matter how much they try to convince you with their multi-million ad campaigns.

TheLIGHT

Ukraine war a 'provoked invasion'

NATO stuck in Rutte as military chief exposes political lies

by **FRANCESCA ABBOTT**

NATO's most westerly European member, Portugal, has under its territory the mid-Atlantic Azores archipelago, home since the 1950s to a geographically strategic U.S. airbase.

Portugal's mainstream newspaper, *O Expresso*, recently reported that the Dutch NATO General Secretary, Mark Rutte, had paid a visit to Lisbon to notify the country it needed to spend more on the war he had declared on Russia – unless the Portuguese wanted to start learning Russian for when they would be invaded.

The article explained that an increase in Portugal's defence spending to the three per cent of GDP demanded would amount to an extra 3.44bn Euros, or 604 Euros for every Portuguese, every year.

O Expresso went on to inform the public that Portugal's prime minister, Luis Montenegro, met the customary Dutch arrogance with equilibrium and - in diplomatic language – told Rutte to take a running jump.

More significant, however, is an article published in *Estátua de Sal* (Statue of Salt) by Portuguese former military attaché to the UN special representative on Kosovo, Major General Raul Luis Cunha, on how MI6-CIA operatives carried out NATO's dirty work in Ukraine to provoke the proxy war against Russia.

Under the title *Provoked Invasion*, the Major General writes that, despite all the loud noise to the contrary, ill-intended politicians, academics, commentators and journalists continue to propagate, falsify and distort the facts.

He says this has resulted in the majority of people still accepting a war narrative fabricated to support the propaganda for NATO enlargement. He explains that the spinners of the war narrative disingenuously point to February 2022 as the starting point of the conflict, knowing full well that it began with the coup d'état fomented by NATO in Kiev in 2014.

In the interests of long-term peace, the Major General believes it is now vital to acknowledge that Russia's invasion of Ukraine was provoked by the west's machinations.

He explains that immediately after the coup in 2014, the U.S. installed a new government with a new head of communications whose very first move was to enrol the CIA and MI6 to start a secret war with Russia.

This was before Russia's annexation of Crimea or the conflict in the Donbas.

CIA bases were set up to spy, steal confidential technology and even make incursions into Russian territory. The Ukrainian population was then subjected to cultural suppression of Russian customs and traditions, in the form of being denied linguistic and religious rights. More than sixty per cent of the population communicated daily in Russian and practised the orthodox religion, while all political opposition parties and almost all the press and media were purged.

As for the Minsk accords of 2014 and 2015, truces brokered by Russia to put an end to the slaughter of Russians in East Ukraine by the Azov Battalion, the right-wing of the Armed Forces of Ukraine (AFU), western politicians and Ukrainians alike have admitted they never had any intention of implementing the accords.

Their aim was to play for time to build a huge Ukrainian army. The main NATO powers modernised the AFU, supplying them with vast quantities of weaponry, particularly artillery, aerial and anti-tank defence. They intensified military exercises and simulated and prepared for war against Russia.

Cunha emphasises that the efforts made by President Putin to negotiate a better security architecture for Europe and to get the Minsk accords honoured. But the west, and Ukraine under its influence, was never in good faith, and Putin's efforts were met with evasion and downright refusal.

This, coupled with the Ukrainian president's declarations that he wanted Ukraine to be admitted to NATO and have nuclear arms, led to a sharp rise in local tensions. Then the Ukrainian military exponentially increased its violence in the Donbas and began intense artillery fire, characteristic of preparing to attack – as witnessed and registered by the Organisation for Security and Co-operation in Europe.

Finally, all of the above convinced Russia that it had to attack Ukraine to prevent the slaughter by the AFU of the populations of Donbas and Crimea, and even to prevent attacks on its own territory.

Since then, lies have been endlessly repeated by our parliamentarians and media alike – that Russia made an 'unprovoked' attack on a 'sovereign', 'democratic' Ukraine that sparked the war.

This raises the question: are they so ill-informed, have such short-term memories, and are unable to see what has taken place? Or do they just believe that we, the people, are wholly gullible?

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A brief history of history: Part two

by **ADAM ROWLANDS**

Apartheid and the role of U.S. and Israeli governments

Artwork: Song Chen

IT is a common misconception that genocide involves the destruction of a specific people in their entirety.

It is also not true that the legal threshold for genocide is difficult to prove. The UN charter states only that there needs to be proven intent to target people based on their ethnic, religious, national or racial identity.

There can be no doubt that the residents of Gaza are being targeted based on their national identity. Remember, at no point does the legal definition accept the argument of self-defence or revenge as mitigation.

Israeli Prime Minister, Benjamin Netanyahu, has vowed to oppose the existence of a Palestinian state in any future scenario, in favour of Israeli control anywhere west of the Jordan river – an area encompassing all of what remains of Palestine.

"In any future arrangement…Israel needs security control over all territory west of the Jordan," Netanyahu said in a news conference on July 5, 2023, according to a translation published by the Associated Press. "This collides with the idea of sovereignty [for Palestinians]. What can you do? This truth I tell to our American friends, and I put the brakes on the attempt to coerce us to a reality that would endanger the state of Israel."

Gaza is not the only place where the conditions for genocide occurring have been met, and ignored – there has been plenty of evidence of genocide in Sudan over the last twenty years.

But the U.S., Britain, China, France, and Russia did not see it in their national interest to intervene militarily to stop it.

So who then do we hold responsible for the failure of nation-states to act when crimes against humanity are committed so openly?

Quite simply, the banking elite, the corporate multi-billionaires, the secretive groups that make up the military-industrial complex (MIC).

As the only real world superpower, with the possible exception of China, the U.S. will naturally be the focus of any article on the MIC, and as the situation in Gaza is the biggest newsworthy event, highlighting the actions of the Israeli government is inevitable and also relevant.

Interestingly, both governments were heavily criticised by the special committee on Apartheid for the role they played in assisting the South African government in its efforts to maintain a system considered by most of the world to be abhorrent.

For decades, the special committee criticised the U.S. for its response to apartheid including the blocking of UN resolutions. In the early 1980s, President Reagan's government adopted a policy of constructive engagement which paved the way for many exports to South Africa that were previously blocked, including nuclear-related materials and equipment used by the South African Police.

This approach led to the easing of the arms embargo, as well as strengthening and protecting the apartheid regime.

In 1986, around 100 major U.S. corporations had South African subsidiaries or affiliates and around 6,000 U.S. companies had business connections with the SA.

This statement from the special committee, on display at The Nelson Mandela Foundation in Johannesburg, further highlights theses concerns: 'The recent actions of the United States not only reflect an unwillingness to co-operate in sanctions and other international efforts for the elimination of apartheid, but represent serious retrograde moves.'

In 2016, the *Sunday Times* newspaper published a report based on an interview with ex-CIA agent, Donald Rickard, shortly before he died, when he finally admitted his and the CIA's role in the 1962 arrest of Nelson Mandela in Durban.

This display, also from the Nelson Mandela Foundation, describes the view of the UN's International Conference on the relationship between South Africa and Israel - how it strengthened after the latter's initial criticism of apartheid.

There is also reference to co-operation with regards to nuclear proficiency.

During my time as a national serviceman in the South African Defence Force (SADF), I met with members of the Armaments Corporation of South Africa (Armscor) who often carried the Israeli-made Uzi submachine gun and spoke openly about how they were working alongside their Israeli counterparts both on arms development and at the South African nuclear power plant at Pelindaba, South Africa's main nuclear research centre and home to the country's nuclear technology program.

They claimed that both countries were actively pursuing nuclear weapons capability. On March 24, 1993, in a speech to the South African parliament, President F. W. de Klerk announced publicly that his country had secretly built and dismantled six nuclear weapons at its secret research facility, Kentron Circle, situated close to Johannesburg.

Again, it is important to highlight that the criticisms are directed against the actions of governments, not the citizens of the countries they control. Many members of the South African Jewish community played active and heroic roles in the struggle against apartheid.

Arthur Goldreich was the owner of Liliesleaf Farm and provided refuge there for Nelson Mandela and other senior members of the then banned African National Congress. Harold Wolpe, a South African of Jewish-Lithuanian descent assisted him in providing the funds to purchase the farm.

Another South African of Jewish-Lithuanian descent, Helen Suzman, played a critical role in the struggle for equality in South Africa as a Member of Parliament for the United Party.

It can justifiably be claimed that the willingness of the Israeli government to work closely with the apartheid regime is highly counter-intuitive. What would convince the leaders of a nation born in the aftermath of World War Two, the actions of a most brutal government, to cooperate with another right-wing government in which the idea of racial supremacy was similarly enshrined?

The same question can be asked of the U.S. government. What would convince a nation whose founding values include freedom, equality, liberty, and respect for individual rights to actively support a government whose own values so contradicted their own?

In 1961, the U.S. government, through the military and the CIA, engaged in a far more extensive campaign of state-sponsored terrorism against civilian and military targets in Cuba. The terrorist attacks killed significant numbers of civilians. The U.S. armed, trained, funded and directed the perpetrators, most of whom were Cuban expatriates.

The same can be said of U.S. funded attacks against civilians in Columbia and Italy.

In part three of this series next month, I will examine the emergence of the MIC in the aftermath of World War Two, its links to the formation of the State of Israel and how it, regardless of morality and often contrary to the official stance of western governments, facilitates and crucially profits from conflicts all over the Earth.

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Is Trump gaslighting on Gaza?

by **SERENA WYLDE**

Political eyes on Palestinian natural gas reservoirs

Trump's post on Truth Social depicting the shift from a war-torn Gaza to that of a luxury resort

DONALD Trump's unpredictability is the subject of much discussion, but his proposed theft of the Gaza Strip is predictable, as part of an alleged bargain he made with the Zionists who bailed him out of his financial woes.

Trump's bankruptcy in the 1990s was handled by bond trader, Wilbur Ross of Rothschild Inc., and it has been claimed that the deal assured him that he would become a two-term president, in exchange for driving through the Zionists' plan of a Greater Israel.

Trump's deal-making relies on his never failing to keep his side of a bargain, and he is indentured to Israel's founding family, the Rothschilds.

Lionel Walter Rothschild was the recipient of the fateful letter – dubbed The Balfour Declaration – addressed to Lord Rothschild by Foreign Secretary Arthur Balfour in 1917, that stated Britain would look favourably upon the establishment of a Jewish state in Palestine. Leaving aside that the document was a letter to a private individual, Palestine was under the Ottoman Empire that Britain was fighting and losing to in the First World War. The Foreign Office, therefore, promised land that was not its own to give.

The Rothschilds headed the international Zionist movement, and, through their increasing power and influence over the decision-making process in the U.S., were confident that they could bring the U.S. into the war on Britain's side to turn the tide of events in Britain's favour, in exchange for Britain's support for their project.

This was, therefore, another illegitimate deal, made between a group promising to exercise the undue influence it had no right to possess, for what the other side categorically did not possess – any rights over the land of Palestine.

Britain simultaneously made conflicting promises of freedom and independence to the Arab tribes as long as they rebelled against the Turks and helped Britain gain an advantage over the Ottoman Empire.

These were promises Britain had no qualms in breaking.

Trump's plan to redesign the map of Palestine without Palestinians is the burlesque culmination of the betrayal and treachery perpetrated by the U.S.-Anglo-Israeli Empire that is now firmly out of the closet.

Beyond the lands of the Occupied Palestinian Territories that belong to the Palestinians, the 2019 report of the United Nations Conference on Trade and Development (UNCTAD) stated that geologists and natural resources economists had confirmed that the Occupied Territories lay above sizeable reservoirs of oil and natural gas wealth, in the West Bank and in the Mediterranean off the coast of Gaza.

The report stated that occupation continued to prevent Palestinians from developing their energy fields and, as such, the Palestinian people had been denied the benefits of using this natural resource to finance socioeconomic development and meet their energy needs. The accumulated losses are estimated in the billions of dollars.

The study identified and assessed existing and potential Palestinian oil and natural gas reserves that could be exploited for the benefit of the Palestinian people, which Israel is either preventing them from exploiting, or exploiting itself without regard for international law.

In 1999, British Gas (BG) discovered a significant gas field in the Gaza Marine fields just 20 miles off Gaza. The Palestinian Authority granted BG a 25-year exploratory concession as a partner, but the Israelis blocked its development.

In 2016, Royal Dutch Shell, whose largest shareholder is Victor Rothschild, paid BG $52m for the field.

In the context of the former 'conspiracy theory' of Greater Israel, it is important to understand that Gaza's maritime gas reserves are part of a broader coastal area of natural gas that extends from the Egyptian border to Northern Syria, that Israel intends to claim.

Trump has announced that the U.S. annexation of Gaza would be in the form of a 'long-term ownership position'.

As Prof. Alon Ben-Meir explains in his article on *Global Research* entitled, *The Arab States Must Stop Trump and Netanyahu In Their Tracks*, the Arab League were convening an emergency summit in Cairo, that was due to take place on March 4.

It is time for them to join forces and issue a unanimous and stern warning to the U.S. that unilateral actions that have such a devastating effect on the region will not be tolerated, now or at any time in the future.

The U.S. provides Egypt and Jordan with $3.2bn in annual aid. But this is a drop in the ocean compared to the Gulf states' foreign reserve funds of over $700bn. They could make up the shortfall if the American aid were withdrawn.

Saudi Arabia could threaten to substantially reduce oil production, which would affect the petrol prices Americans pay at the pump. The Gulf states, Egypt and Jordan could suspend procurement of American weapons. The United Arab Emirates, Bahrain, Sudan and Morocco, who have signed the Abraham Accords to normalise relations with Israel, could warn Israel that they will rescind that normalisation if Israel makes any attempt to exile the Palestinians.

Egypt and Jordan could recall their ambassadors from Israel, and Saudi Arabia could reiterate that it will not normalise relations with Israel under any circumstances. These are actionable measures the Arab states could take collectively.

Alongside a joint declaration of solidarity, the Arab states need to advance a comprehensive Arab-led reconstruction plan for Gaza, as well as taking whatever steps necessary to help establish a unity government representing all the Palestinian political voices.

- ***The Arab States Must Stop Trump and Netanyahu in Their Tracks: https://tinyurl.com/yvdzxat2***
- ***Why does Trump want to take over Gaza and could he do it?: https://tinyurl.com/yzsa9zuw***

Please pass The Light on when you've read it

Will the Rwanda-Congo war end?

by **IAN FANTOM**

A heartfelt plea from Goma

IN January 2025, the city of Goma, in the Democratic Republic of Congo's province of North Kivu, was attacked by an invasion force of the M23 militia, and only then did the world start to take notice of this terrible war.

In 1959, the Tutsi monarchy was overthrown by the majority Hutus, but the Tutsis reformed in Uganda, and reinvaded in 1990, leading to civil war. This culminated in the genocide of 1994.

The British had a hidden hand in this. United Nations reports queried whether UK development aid to Rwanda has in fact partially financed the Congo wars.

The special relationship between Britain and Rwanda became apparent with the national debate on a proposal to send illegal immigrants from Britain to Rwanda. During that debate, I received an email from a resident of North Kivu saying that such a scheme could make the situation even worse for them.

Local people were claiming that the M23 'rebels' were a group supported by Rwanda. At the time that claim was contentious, but now everyone seems to accept it, other than Rwanda. Effectively, M23 is an invasion force. What is not generally understood is that Rwanda is supported by the British. The area is rich in minerals.

Israel, too, has a special relationship with Rwanda, and has been sending unwanted immigrants to Rwanda, though this was done in secret and was eventually quashed by the Israeli Supreme Court.

Various academic articles point to the closeness of that relationship. 'Despite widespread condemnation of Israel, Rwanda became an unofficial supporter of the Jewish State during the [Gaza] conflict,' one article states.

The 100 days of madness in Rwanda has its echoes today in the neighbouring North Kivu province of Congo. I was recently in correspondence with a qualified nurse in the area, who has been unable to find work in her line despite the dire need for medical care there. She told me of a short speech that she had given at an international women's conference in Africa.

Map of Africa showing Rwanda

She spoke of the state of war, massacres, insecurity, of mothers being raped, children orphaned, women being widowed, daughters having early pregnancies, of the population being driven into poverty.

"Our parents are ruthlessly slaughtered like sheep. Human life is seen as like that of a mosquito; we live in fear and despair, we live in the evil of armed men," she stated.

She said that many children were on the streets, with nowhere to live and nothing to eat. They are illiterate and their future is in despair. Innocent children suffer from undernourishment. "Our eyes have dried of tears through the intense pain, we have begun to force ourselves to live with our wounds, because no-one talks about us," she explained, "This is why I am coming to you, so that you can help me to cry out for peace, peace, we want peace in DR Congo."

She told me that she had escaped to South Kivu with four of her nephews. The other two had been massacred, together with their parents.

I told her I would do what I could, and sent her a translation of my article *Financial gain of genocide: Parallels between Rwanda and Gaza massacres* (*The Light* 43, p. 18). That article summarised the history of the area, going back to Belgian rule of Rwanda, which supported the Tutsi monarchy. They issued identity cards which defined their race. Tutsis had different racial features, but because of intermarriage, the Belgians sometimes based their racial identities on the number of cows they possessed. They all spoke the same language.

I was just thinking that peace could break out there only after Trump had dealt with Ukraine and Gaza, when on the midnight radio news I heard that the Rwandan High Commissioner in London had been summoned by the British. According to Reuters, he was told: "These advances constitute an unacceptable violation of DRC's sovereignty and territorial integrity. The Government of Rwanda must immediately withdraw all Rwanda Defence Force troops from Congolese territory." What, I wondered, could have brought about such a change of heart?

The United Nations' International Contact Group for the Great Lakes Region has been reporting back since the early 2000s. Their latest report was made the following day, February 19: *DRC: the United States, France, the United Kingdom, Germany, require the immediate withdrawal of the Rwandan army*, ran a headline in French in Radio Okapi. "Is this hypocrisy?" asked one of my Kivu correspondents.

Just days earlier, DR Congo's President, Felix Tshisekedi, had made a plea to the Munich Security Conference. More than seven million people were internally displaced in Congo due to the conflict, which has been ongoing for more than 20 years, he reported. "Rwanda has repeatedly provoked such situations for many years, and there have not been any countermeasures taken," he said. Tshisekedi had promised peace during his election campaign, I was told.

On February 20, Al Jazeera published an article titled: *U.S. sanctions Rwanda minister over DRC fighting: Rwanda is facing international backlash for backing M23 rebels in DR Congo, an accusation it denies*.

'How much UK taxpayer money has funded Rwanda's proxy wars and human rights abuses?' asks London-based Action on Armed Violence. 'The Foreign, Commonwealth & Development Office (FCDO) stated that the UK 'condemns the occupation of Goma and other territories in eastern DRC by M23 and Rwandan Defence Forces (RDF) as an unacceptable breach of DRC's sovereignty and the UN Charter.

The UK government has since warned Rwanda that its aid package – over $1 billion annually from various sources – could be reconsidered due to its role in fuelling conflict in the DRC.'

The Guardian ran a headline a year ago: *It's time to ask why the U.S. and UK fund Rwanda while atrocities mount up in DRC.*

Just how the U.S. and the UK fund Rwanda or M23 isn't yet clear. Perhaps some funding came through trade in illegally acquired minerals in Kivu. In 2024, Associated Press reported, 'Rebel group in Congo generates $300,000 monthly in seized mining area, UN official says.'

So who does Rwanda sell these minerals to if not its allies: Britain, U.S. and Israel? Details of the funding need to be made public.

I find it hard to believe though that the timing of these events is purely coincidental, and nothing to do with the closing down of much of USAID, which has been channelling funding to various other fighting units, or other aid packages.

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Ten ways to detox without stress

by **LUCY DAVIES**

TEN ways to detox properly, i.e., without symptoms and/or feeling like you're on a bootcamp.

People often 'detox' in January but end up exhausted, headachy, spotty, itchy, full of phlegm and wondering why they're bothering, before giving up completely, feeling shit about themselves and resentful towards anyone suggesting that detox is a good idea.

Fair enough. There's good reason for this.

When talking about detox, the focus is generally on clearing the cells - which is great, but if there's no equal focus on the routes of elimination (i.e., actually getting the toxins out of the body via the lymph, skin, liver and bowels), they're very likely to get clogged, overworked and tired (especially after a period of over-indulgence), creating a backlog of toxins rather than a release - which is what's responsible for all those unpleasant detox symptoms.

Here I'm focusing on opening these exit channels so things can move on through.

These ten methods focus on either opening the exit points, limiting further stress on the body or adding in extra resources to increase the body's resilience to stresses (including toxins of all kinds) and ability to detoxify efficiently.

1 Castor oil packing on the liver

Castor oil is an absolute gift of a healing and detoxification tool. It works by bringing light, energy and movement to wherever it's placed.
It's the only oil to hold the full spectrum of white light, and as this penetrates into the cells, it gets the lymph moving, releasing toxicity and reducing inflammation. It also helps the cells to communicate with each other efficiently.
It's often used on the lungs, colon, over the womb and also for muscle injuries and scar tissue, and can be used anywhere on the body, but the liver must be packed first.
The liver is the main route of detoxification, and must be open before focus is placed on other areas, which is why this is such a helpful thing to do, especially before any dietary cleanse.
As a detox tool, this is definitely my number one tool, used on the liver 2-3 times a week.

2 Skin brushing

As a daily practice preferably in the morning, skin brushing is a powerful, very simple and quick way to keep the body's lymph flowing well.
Lymph is a clear liquid which flows all around the body acting as a clear-out system. A sluggish lymph flow can easily lead to an accumulation of toxins, with symptoms ranging from a sore throat and fatigue, to swollen glands and lymph nodes.

Because the lymphatic system doesn't have its own pump, it relies on the circulatory system for movement. When we're not in optimum health, or are wanting to help our body to detox, skin brushing literally helps to move the lymph.

3 Epsom salts in the bath

Epsom salts can be an efficient way to take in magnesium, but for detox it must be in a specific, high concentration, which is why 1kg in a full bath is recommended.
Taken this way, the magnesium draws out toxins and acidity through the skin.

4 Clay baths (esp green or zeolite)

Baths have to be the most simple and pleasurable way to detox, and clay baths feel even more indulgent.
Rich in minerals and highly alkaline, they also hold a strong negative charge, giving them an amazing ability to absorb toxins and impurities (which hold a positive charge), and remove them from the body via the skin.
Although it can't be advertised as such, both green (bentonite) and zeolite clays are often taken internally as part of a general cleansing program. Zeolite has been used to decontaminate ground radiations from Chernobyl and Fukushima. Its strong antioxidant abilities help to eliminate free radicals, which has been shown to protect against EMF radiation. For this reason it is helpful in reducing the harmful effects of EMFs now omnipresent in today's increasingly 'smart' world.

5 Drink 2 litres of body temp water a day

Water is crucial when it comes to detoxing, as it literally flushes everything, including toxins, through the body.
Body temperature is a lot more comfortable for the body, as it matches it's natural state, and it doesn't have to work to warm it up.
I'd strongly recommend investing in a decent water filter such as the British Berkefeld which uses gravity, no electric, has fluoride filters (very important to completely stay away from this super-toxin despite what the indoctrinated dentists tell you) and can even filter stream water if the need ever arose.
The other way to super-charge your water is to use a vortex funnel. Tap water, regardless of filtering, has a very unnatural structure, meaning it can't be utilised by the body as intended. Vortexing is a really easy way to restructure it.
If you want to go all out you can also add a tachyon disc (see 'emf protection' below) to beneath your filter or glass. Water picks up on everything, even feelings, pictures and written words, so is worth using as a healing tool in as many ways as you like.

6 Take a good quality magnesium supplement

Hydration is so much more than just drinking enough water. What it really boils down to is electrolyte balance.
This means working to keep magnesium, calcium, sodium and potassium moving through the cells correctly. This might sound complicated but it doesn't have to be. Basically we generally have more than enough calcium in our diets (heavily pushed from childhood) and rarely ever enough magnesium (not pushed from childhood and depleted from the soil our food is grown in). These 2 minerals work in conjunction with each other, so upping our magnesium intake can make the world of difference to our overall health and ability to detoxify.

7 Take a good quality zinc supplement

I know some people disagree with the idea of supplements, but we are having to heavily compensate for our toxic environment at the moment.
Zinc is hugely important for all body systems, as it helps support the mucous membranes, the immune system and our mental health, particularly anxiety, depression and addictions.
It also gets very easily depleted with stress, as the adrenals use it up when overworked, leaving us lacking when we need it most.

8 Ground yourself in nature daily

'Tree-hugging barefoot hippies' have long been mocked by those who don't understand what living in rubber soled shoes all the time does to our body, but as usual the weirdos of this world have it right. We are electrical beings and our charge has a huge effect on our health.
We pick up a lot of 'dirty' electrical energy throughout the day, which accumulates and is stored if not released by grounding. Bare feet is the easiest way to discharge this energy and pick up a clean charge to replace it. An energetic detox; completely free too. This is why we feel so good when we're near or in the sea, as there is an abundance of negative ions. Salt rock lamps give off negative ions too, so it can be helpful to have a few of these in your home.

9 Avoid EMFs as much as possible

We are a part of nature at the end of the day, and the likes of WiFi and smartphones just weren't part of our design. Thankfully we don't need to go and live an incredibly inconvenient life in the arse-end of nowhere to get away from it; we can still function in the modern world whilst minimising our exposure to harmful EMFs.
Turn Wi-Fi off as much as possible. You can use ethernet cables and TP Links for internet in the home, which work by using the house electrics.
Keep phones out of pockets. Enough proof is readily available now re. the effects on sperm and therefore fertility. Also breast pockets and cancer.
LED lights are impossible to avoid but blue light filters or amber bulbs are a much healthier option.
There are many products out there to help keep our energies in a coherent state as well as sound and energy healing and zeolite clay, as mentioned above. My favourite is tachyon, which can come in various forms such as pendants and discs.
Also orgonite pyramids and shungite crystals. Selenite is also helpful to place near electrical appliances, as are plants, particularly spiky ones.

10 1 day a week raw fruit & veg only

The reason for this is not about the nutrients, although this is an obvious bonus; it's because it's a day a week with zero fat (raw fruit and veg only is the easiest way to do this without getting hungry or confused about what to have).
Fat isn't a problem as such, and I certainly don't believe that fat makes you fat. What it does do, though, is tax the liver. It takes a huge amount of effort and energy for the liver to process fats. Add to this that many of us have lost the ability over generations to break down fats (this is fixable).

Given that the liver is the main workhorse in the detoxification process, it really does appreciate all the help it can get, and the whole body gets a break, meaning it can focus more on removing toxins and cellular repair.

- ***Written by Lucy Davies, Naturopathic Nutritionist***
- ***More information, contraindications, consultations & detox products are available at: www.lucydaviesnn.com***

In defence of real, natural milk

by **SALLY DEAN**

ASHLEY Armstrong, a leading U.S. advocate for regenerative agriculture, describes in an article how Big Dairy and Big Ag have been quietly working 'to override the remarkable ability of ruminant animals, like cows, to convert their plant-based diets into nutrient-dense, saturated-fat-rich milk and meat'.

'At the heart of this marvel,' Armstrong continues', 'is the rumen, in which trillions of micro-organisms work in harmony to transform plant material into energy and protein for the cow. Among their many functions is the conversion of normal levels of unsaturated fats from the cow's diet into stable, health-promoting fats.'

She explains that feeding dairy cows an excess of industrial oil seed crops high in polyunsaturated fatty acids (PUFA) such as soybeans, rapeseed, corn etc. overwhelms the cow's natural ability to convert normal levels of unsaturated fatty acids into saturated fatty acids.

The excess PUFAs bypass the cow's natural digestive process and find their way into the milk so lowering the saturated fat content. It is clear that meddling is what Big Food likes to do best. Recently it was announced that Arla is working with 30 farms to test the cow feed additive Bovaer to reduce methane emissions from dairy cows, another nod to the spurious Net Zero agenda. Tinkering like this rings alarm bells. Logic says that nature knows best and, if it ain't broke don't fix it.

Milk in its unadulterated state, i.e., raw and straight from a cow grazed on pasture, was considered to be a wholly nutritious food for millenia. Industrialisation destroyed all that and current thinking is stuck in an age when there was scant regard for the welfare of the animal or the health of the consumer.

This was the dark age of the city cow-houses, where, during the industrial revolution, when the growth of towns and cities was accelerating, cows were kept in filthy, unhygienic cellars with little or no ventilation and fed hay, brewers' grains and turnips.

Disease was rife and, under a microscope, the presence of blood or pus could often be detected. Adulteration of food in general was also common, particularly between the years 1800 and 1850s.

In the wonderfully comprehensive book, *The Englishman's Food – the History of Five Centuries of English Diet* (1959), author J.C. Drummond describes the practice of watering the milk, bringing the mean value of fat in milk to 2.17 per cent compared to the normal range of 2.5 to 4.5 per cent.

Around 1890, pasteurisation was first used in the dairy industry, more as a means of increasing the 'life' of the milk than to kill the micro-organisms which cause disease. A few years later, however, it became standard practice to pasteurise milk to make it 'safe' to drink.

Fast forward to the 21st century and most of the milk on supermarket shelves is the product of an intensified dairy industry in which the cows are no more than milking machines. In the worst-case scenario, they hardly see the light of day.

High-protein rations increase yields, but are unnatural to their digestive systems. Stress and poor health often result in the culling of cows after three lactations. Milk is sent to factory dairies, where the cream is mostly removed to be sold as value-added products. After being pasteurised or ultra-heated to increase shelf life, milk is also likely to be homogenised to disguise the absence of cream. This is a world away from the real thing.

Raw (unpasteurised) milk is a natural product and a complete protein food. From healthy cows that graze on traditional pasture, the milk is an unrefined whole food, rich in enzymes, essential bacteria, vitamins and minerals.

In the early 20th century, extensive studies of traditional cultures showed that raw milk was one of the foods that offered protection from tooth decay and degenerative diseases. Eczema, asthma, arthritis and intestinal disorders can often be associated with the consumption of pasteurised commodity milk, because of the destruction or damage to its delicate health-giving components by intense heat.

Not so with raw milk – quite the opposite. The very intolerance that might be caused by drinking pasteurised milk, could be alleviated or even cured by switching to real, natural, unpasteurised dairy products.

Fortunately, raw milk can still be obtained easily in England and Wales (although it is banned for sale in Scoland). It can be bought direct from a local certified farm or farmers' markets, or via online sales.

A list of real milk producers is found on the Raw Milk Producers website www.rawmilkproducers.co.uk as well as useful information that will answer questions for anyone who might be a little nervous about trying something new.

- ***Study Reveals Growing Industrial Practice of Altering Milk's Natural Fat Composition: https://tinyurl.com/2rpsvnnd***
- ***The Untold Story of Milk, Ron Schmid: https://tinyurl.com/mf2znnzd***

True Pearls: John Taylor Gatto, educator

by **RICHARD HOUSE**

True Pearls: John Taylor Gatto, U.S. educator, 1935–2018

Schools and schooling are increasingly irrelevant to the great enterprises of the planet.

Whatever an education is, it should make you a unique individual, not a conformist.

School is a twelve-year jail sentence where bad habits are the only curriculum truly learned.

A content-based curriculum, with a set body of information to be imparted to students, is entirely inappropriate as a means of preparing children for their adult roles.

You need experience, adventure, and explorations more than you need algebra!

Schools are intended to produce through the application of formulae, formulaic human beings whose behaviour can be predicted and controlled.

No teacher or guru does the work for you, you must do it for yourself...Self-

John Taylor Gatto

knowledge is the only basis of true knowledge.

The primary goal of real education is not to deliver facts but to guide students to the truths that will allow them to take responsibility for their lives.

Initiating, creating, doing, reflecting, freely associating, enjoying privacy – these are precisely what the structures of schooling are set up to prevent.

Schools don't really teach anything, but blind obedience...Creative work and critical thought, which produces new knowledge, can't be conditioned; indeed, conditioning prevents these things from ever happening.

The lesson of report cards, grades, and tests is that children should not trust themselves or their parents, but should instead rely on the evaluation of certified officials.

The habits taught in large-scale organizations are deadly...The institution is psychopathic – it has no conscience... Anyone who is more interested in human beings than in the rules is a threat to the system.

Genius is an exceedingly common human quality, probably natural to most of us...We suppress genius because we haven't yet figured out how to manage a population of educated men and women. The solution is simple and glorious. Let them manage themselves.

The premise upon which mass compulsion schooling...tries to shoehorn every style, culture, and personality into one ugly boot that fits nobody.

The children who walk away with the highest formal honours, the valedictorians and National Merit Scholars, have a horrendous performance record in later life.

Plenty of people throughout the world today find a way to educate themselves without resorting to a system of compulsory secondary schools that all too often resemble prison.

In a home school, the kid does 95 per cent of the work. But in a school system, since it's an indoctrination system, a teacher has to do 95 per cent of the work.

In their ability to think, children schooled at home seem to be five or even ten years ahead of their formally trained peers.

Education..should make you spiritually rich, a person who loves whatever you are doing, wherever you are, whomever you are with; it should teach you what is important, how to live and how to die.

Nobody gives you an education. If you want one, you have to take it.

The Light

LONDON. Feb 19, 1965 — The Uncensored Truth - A Free Truthpaper — Spring Edition

The Kennedy assassination

by John Hamer

Lone gunman or coup d'état?

On June 4, 1963 a virtually unknown Presidential decree, Executive Order 11110, was signed, which effectively stripped the Federal Reserve of its power to loan money to the Federal Government at interest. This Executive Order has never been repealed or superseded by any subsequent Executive Order. In simple terms, it is still valid.

So, when Kennedy signed this Order, it returned to the Treasury Department, the constitutional power to create and issue currency, without going 'cap-in-hand' to the Federal Reserve Bank. E011110 gave the Treasury Department the authority to 'issue silver certificates against any silver bullion, silver, or standard silver dollars in the Treasury'.

It therefore seems obvious that Kennedy was fully aware that the Federal Reserve Bills being used as the purported legal currency were contrary to the constitution of the U.S.

JFK was also attacking the 'oil depletion allowance' which permitted oil producers to declare up to 27.5 per cent of their income as tax-exempt. This exemption provided them with a lower tax rate and a competitive business advantage not shared by any other business interests, and the government would thereby retain more than $300m in tax revenue each year with this 'allowance'.

Although the oil depletion allowance remained intact – due to the Congressmen who were recipients of oil company campaign contributions – this proposal made JFK some very powerful enemies in the oil industry.

The Kennedys before the assasination

In the early 1960s, Dallas was spectacularly corrupt. It was a city of great contrasts, being the epicentre of the 'Bible Belt' and yet also an enclave of organised crime and corruption. It was also the centre of the oil industry.

A 1964 New York Times article reported on a group of businessmen who had formed 'an invisible government... that ran Dallas without an electoral mandate.'

The Kennedys understood the political importance of Dallas and of Texas in general. They chose Lyndon Baines Johnson to be JFK's VP because they needed southern votes, and after the election they appointed Texans like John Connally, a lawyer representing Big Oil, to be secretary of the Navy, and George McGhee, the son-in-law of a legendary oil industry figure, as deputy Secretary of State. But Dallas in general was no friend of Kennedy.

Prominent within the 'Eastern Establishment' was George H. W. Bush. As the son of a powerful Connecticut senator, he was unusually well-connected.

While his father, Prescott Bush remained back East, George had prospered in Houston and Dallas, respectively. A Kennedy rally would not have attracted many people from there and not for reasons of ideology alone.

The oil industry – in particular, the more financially vulnerable Dallas-based independents – did not welcome Kennedy's stance on the aforementioned oil depletion allowance.

The trade publication, Oil and Gas Journal, charged that JFK was setting up a 'battleground [upon which] business and government will collide' and J.E. Hoover also expressed his own reservations.

One of Hoover's friends, the Texas oilman, Clint Murchison, was among the most aggressive players in the depletion allowance dispute. Murchison had been exposed in the 1950s, in Time magazine no less, as epitomising the absurdity of this give-away to the rich and powerful.

LBJ shared this enmity towards Kennedy. In fact, he was the only person in the White House that the oilmen trusted. The Kennedys, for their part, had never liked LBJ either and had asked him to be JFK's 'running mate' for political expediency alone.

Within a year of the inauguration, there was already talk of dumping him in 1964 and RFK's investigations of military contractors in Texas increasingly pointed towards a network of corruption that was in the process of leading back to LBJ himself.

According to presidential historian Robert Dallek: 'RFK closely followed the Justice Department's investigation, including inquiries into Johnson's possible part in corrupt dealings. Despite wrongdoing, Johnson believed that Bobby Kennedy instigated the investigation in hopes of finding something that could knock him off the ticket in 1964.'

LBJ had numerous connections with the Bushes, whose Republican values often dovetailed with those of Johnson during the years when LBJ served as the Democrats' majority leader. After Johnson ascended to the presidency, he and newly-elected Congressman Bush were often allies on such issues as the oil depletion allowance and the war in Vietnam.

This Texas 'Raj' as it has been called, was an incestuous world. Denizens sat on one another's boards, fraternised in each other's clubs, and intermarried within a small circle, with most of the ceremonies being held in the same handful of churches.

Whether one was a Democrat or Republican did not matter much, they all shared an enthusiasm for the anything-goes capitalism that had made them rich, and a deep aversion to 'government inference'. That meant anything that the government did – such as environmental rules or antitrust investigations – that was not in the oligarchs' favour.

In many respects, RFK became the focus for the hostility that JFK deflected with his charm. Bobby did not shrink from the role of enforcer and for as long as Jack (as JFK was known to his family) remained President – and in 1963 a second term seemed likely – Bobby would be his Rottweiler, and even worse was the prospect that the Kennedys could become a lengthy dynasty.

The Kennedy administration struck at the heart of the Southern establishment's growing wealth and power. Not only did it attack the oil depletion allowance, but its support of the civil rights movement threatened to undermine the cheap labour that supported the oil industry.

Yet in the space of five years, both Jack and Bobby were dead, and the prospect of a Kennedy dynasty had been extinguished. Instead, within twelve years of Bobby Kennedy's assassination, a new conservative dynasty was beginning to emerge – the 'House of Bush'.

In less than three years in office, JFK had crossed the Mafia, Onassis, the Roman Catholic Church, the CIA, the FBI, the military-industrial complex, Big Oil, the Federal Reserve and Israel.

In short, he had transgressed against the entire rotten hierarchy in one way or another, and for that gross sin of sins, he would not just simply be quietly assassinated like some incumbents before him. He would be made a monumental example of: a huge, spectacular, unquestionable warning to others who may consider straying from the proscribed agenda.

In fact he would be publicly, ritually executed.

- **falsificationofhistory.co.uk**

Letters to The LIGHT

Love us or hate us, we are helping raise the level of debate in this country and across the world, so we welcome views from all perspectives, because the enemies of free thought and free speech are censorship and group-think. We are all individuals – let's have your thoughts! ***Please email: letters@thelightpaper.co.uk***

Dear The Light,

I read *The Light* and then pass it on, but I cannot understand why there has never been a mention of the 4 Unite UK/Unite The Kingdom marches in London?

I have attended all of them: peaceful, civilised, no problems whatsoever. Hence no favourable MSM coverage.

It's simply fine folk concerned about freedom, cultural dilution, free speech, two-tier policing.

Whether you like them or not, Nigel Farage and Tommy Robinson tell the right message.

We must all aim to be on the right side of history. Free speech and democracy are our heritage and must be conserved.

Douglas F

Editor: Farage and Robinson 'tell the right message', but not the whole message, and plenty of the wrong message too. Anyone who believes these two are 'awake' should ask them about the money and banking system, which they NEVER expose and attack.

Dear The Light,

I write in regard to allegations regarding the alleged falsifying of senior Labour minister's CVs.

I have no legal training, but I question whether the following would be applicable if there were any truth to the allegations?

What follows is copied and pasted directly from the fraud section of the Crown Prosecution Service website, cps.gov.uk:

Section 1 creates a general offence of fraud and introduces three ways of committing it set out in sections 2, 3 and 4.

- Fraud by false representation (section 2); fraud by failure to disclose information when there is a legal duty to do so (section 3); and fraud by abuse of position (section 4).

In each case, the defendant's conduct must be dishonest; his/her intention must be to make a gain; or cause a loss or the risk of a loss to another. No gain or loss needs actually to have been made. The maximum sentence is 10 years' imprisonment.

- Fraud by false representation (section 2); the defendant made a false representation dishonestly, knowing that the representation was or might be untrue or misleading, with intent to make a gain for himself or another, to cause loss to another or to expose another to risk of loss.

The offence is entirely focused on the conduct of the defendant.

If we are allowing fraudulent people to take high office, how do we expect the govenrment to behave?

Peter Manley

Dear The Light,

In Surrey and other counties, local elections have been cancelled this year.

It is part of Agenda 2030, bringing it down from global to local level. Taking all power away from Westminster and from We The People, and giving it to regional mayors.

The ultimate aim is for all local authorities to be rolled into seven regions – combined authorities – each with its own mayor who, answering to global entities like the United Nations, will have extreme powers to tackle 'climate change'.

The sole purpose is to achieve Net Zero by 2030-2050: total control, a power grab, rolling out the smart city agenda.

This was unsuccessfully attempted by the Blair Government around 2007, but they are attempting it again by lumping together solvent and bankrupt councils, and so bankrupting the solvent ones to get them on their knees and ready to accept devolution plans.

Is 'democracy' just an empty word?

Surely the Climate and Nature Bill is connected with this.

It has been shelved but only temporarily. A vaguely worded Enabling Bill is enabling undebated statutory instruments, giving the mayors power over us. For example, this could be the power to lock us down, mass evacuate, etc.

Without a national parliament, there is no constitution and no individual rights protecting us from the state. They can do what they like because there is nobody to tell them they can't.

Mary Curran

Words, and how they came about, have always fascinated me – and, even more so, how their meanings have been changed over recent years.

In my 1990s Concise English Dictionary, the only definition of 'terrorist' is: 'One who rules by or advocates rule by intimidation.'

These days, especially, the term describes our governments and the hidden hands behind them, and the way they intimidate the population with endless fake threats like viruses, man-made climate change and terrorists.

Another word, 'racism' is defined as: 'Belief in the inherent right of one race to rule over another.' These days, it is used by anyone wishing to claim victimhood for the slightest reason and garner sympathy to benefit themselves.

This creates distrust within our society, for the purpose of dividing us and leaving us open to the terrorists as described above.

We should all pay more attention to the words and phrases used by our rulers and their media. Sometimes, the truth can be found hidden behind their lies.

Richard Fry

Dear The Light,

I was interested to read the piece on the challenge of being trans in the freedom movement.

The vast majority of people don't care how people dress and present themselves on a day-to-day basis, as long as they are not affecting anyone else in a harmful way.

As an adult human female, the trans movement affects my dignity and safety: if women and girls cannot be defined by their sex, how can their rights and safety be protected?

We have women being physically injured by stronger male opponents in sport. We also have women and girls whose dignity and safety have been put at risk by being forced to share changing facilities with intact men.

No woman should have to change in front of a man if she doesn't wish to. Women and girls are actually leaving sports rather than face these dangers. Changing rooms and toilets should be same sex, safe spaces for women and girls but this can't be guaranteed if males are allowed to enter. Women must constantly scan their environment for danger.

Look into the school curriculum and the sexualisation of our young children. The trans agenda and being born in the 'wrong body' is a part of that. The definition of a woman as an adult human female is vital going forward, because without it, how can we describe our lives, our bodies and our struggles just to be heard?

Christine Gaskill

Dear The Light,

Have you looked up the Wikipedia entry for *The Light*?

It is, to put it simply, wrong. They describe us as a 'far right conspiracy newspaper', but if its content is mostly proven to be correct, how can it be a 'conspiracy' paper?

We don't back terrorists, we do not spread misinformation, we are not antisemitic. I think they class us as right-wing because we do not conform to most statist thinking, nor do we push copies of *The Light* onto children.

I tried to set most of it right, but my corrections were dismissed.

I tried a second time, this time it was dismissed and I was asked to stop attempting edits. Try it for yourself – Wikipedia is tightly controlled disinformation.

- ***https://tinyurl.com/yc82x2e6***

Phil Thomson

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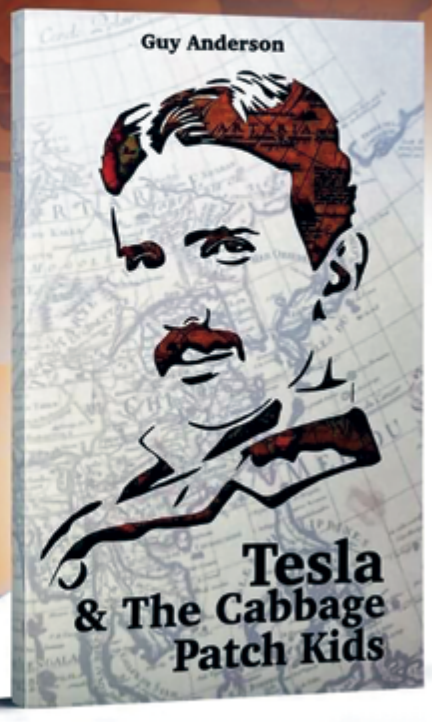

"I found Guy's book to be an enlightening introduction to the Tartarian Empire"
– Richard Vobes –

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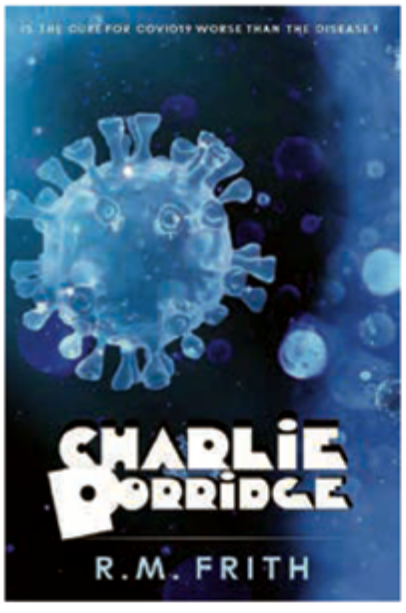
Is the cure for Covid 19 worse than the disease?



This story tells how one whistle blower strives to alert everyone of the extremely perilous and dangerous consequences of the Government reaction to Covid 19.

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- Dr. Paul Marik

"The spike protein is found everywhere from the blood vessels, to periappendicitis, bronchus, and it gets into the brain."
- Dr. Ryan Cole

Augmented NAC is a groundbreaking food supplement, a highly enhanced form of N-Acetylcysteine, developed for effective spike protein detox, a central component in the recovery from Long Vax (Covid vaccine injuries), shedding, and Covid-related health issues.

Thousands of health professionals in the ZeroSpike.org health network have successfully incorporated Augmented NAC into their detox protocols, and as of today, over a 100,000 families around the world have regained their health and well-being.

"Some testimonials are truly earth-shattering!"
- Dr. Pierre Kory

"I recommend it to all my patients."
- Dr. Tina Peers

"Within 48 hours all my symptoms were gone."
- Dr. Liesbeth Denef

AugmentedNac.com

Nutrition WINNER BEST NEW PRODUCT 2024

True Health Product Awards 2024 HIGHLY COMMENDED Best New Product

AUGMENTED NAC
THE SPIKE PROTEIN DETOX
ZEROSPIKE
Detoxifying Humanity

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